

ADULT SINGLES

2009-2010	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>CHAMPIONSHIP MASTERS JUNIOR/SENIOR & MASTERS JUNIOR & MASTERS SENIOR</p> <p>3:40 max * means element is required</p>	<p style="text-align: right;">Max 7</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Min 1*, max 3 combos or sequences 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted Each jump may be repeated once, but only as part of combo or sequence Single, double or triple jumps are permitted <p style="text-align: center;">** IJS at Adult Nationals only</p>	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) Min 5 revs; 4 revs each foot if change of foot Min 2 revs in position 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> Straight line, circular, serpentine or spiral Must use entire ice surface Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such
<p>CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE & MASTERS INTERMEDIATE & MASTERS NOVICE</p> <p>3:10 max * means element is required</p>	<p style="text-align: right;">Max 7</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Min 1*, max 3 combos or sequences 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted Only one double-double jump combination or sequence is permitted. Each jump may be repeated once, but only as part of combo or sequence Single and double jumps are permitted. No triple jumps are permitted Only the following double jumps are permitted: double toe loop, double salchow, double loop Double flips, double lutzes, and double axels are not permitted <p style="text-align: center;">** IJS at Adult Nationals only</p>	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) Min 5 revs; 4 revs each foot if change of foot Min 2 revs in position 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> Straight line, circular, serpentine or spiral. Must use entire ice surface Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such
<p>CHAMPIONSHIP GOLD & ADULT GOLD</p> <p>2:40 max * means element is required</p>	<p style="text-align: right;">Max 6</p> <ul style="list-style-type: none"> All single jumps are permitted, including an Axel-type jump, plus the following double jumps: double toe loop, double Salchow. Min 1*, max 3 combos or sequences 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted. No double-double jump combinations or sequences are permitted Each jump may be repeated once, but only as part of combo or sequence Double flips, double loops, double lutzes, double axels and triple jumps are not permitted <p style="text-align: center;">** IJS at Adult Nationals only</p>	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) Min 4 revs; 4 revs each foot if change of foot Min 2 revs in position 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> Straight line, circular, serpentine or spiral Must use entire ice surface Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such

- Penalties:**
- 0.1 in each mark for each illegal element
 - 0.1 in 1st mark for insufficient revs.
 - 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
- 6.0 System**
- 0.1 in each mark for time violation
 - 0.1 in 1st mark for step seq. not fully utilizing the ice
 - 0.2 in 1st mark should be deducted if an element indicated by an * is omitted



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2009-2010	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>ADULT SILVER</p> <p style="text-align: center;">2:10 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 5</p> <ul style="list-style-type: none"> • All single jumps are permitted, including an Axel-type jump. • Min 1*, max 3 combos or sequences • 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted • Each jump may be repeated once, but only as part of combo or sequence. • No double or triple jumps are permitted <p style="text-align: center;">** 6.0 at Adult Nationals & Adult Sectionals</p>	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> • Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.) • Min 3 revs; 3 revs each foot if change of foot • Min 2 revs in position 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • Straight line, circular, serpentine or spiral. • Must use at least ½ ice surface • Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such
<p>ADULT BRONZE</p> <p style="text-align: center;">1:50 max</p> <p>* means element is required</p>	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> • All single jumps are permitted • Min 1*, max 3 combos or sequences • 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted • Each jump may be repeated once, but only as part of combo or sequence. (Maximum of 2 of any jump.) • No Axel-type jumps or double or triple jumps are permitted <p style="text-align: center;">** 6.0 at Adult Nationals & Adult Sectionals</p>	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> • Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, etc.). • Min 3 revs; 3 revs each foot if change of foot • Min 2 revs in position • No flying spins are permitted 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • Straight line, circular, serpentine or spiral. • Must use at least ½ ice surface • Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such

- Penalties:**
- 0.1 in each mark for each illegal element
 - 0.1 in 1st mark for insufficient revs.
 - 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
- 6.0 System**
- 0.1 in each mark for time violation
 - 0.1 in 1st mark for step seq. not fully utilizing the ice
 - 0.2 in 1st mark should be deducted if an element indicated by an * is omitted

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