

2007-2008	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE 2:15 *means element is required</p>	<p>• 1 must be an Axel-type jump* Max 6 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3 jump combo is permitted. • Number of jumps in jump sequence is not limited. • No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Maximum of 2 of any double jump • No triple jumps</p>	<p>• 1 flying entry* Max 3 • 1 combo with min 1 change of position* • 3rd is option of the skater • Min 5 rev; 8 for combo; min 2 revs in position • All spins may change feet and start with a fly • <u>Spins must be of a different nature</u></p>	<p>• Straight line, circular, or serpentine* Max 1 • Must use entire ice surface</p>
<p>INTERMEDIATE 2:30 *means element is required</p>	<p>• 1 must be an Axel-type jump* Max 6 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3 jump combo is permitted. • Number of jumps in jump sequence is not limited. • No more than 3 jumps may be repeated, only 1 may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 any double or triple.</p>	<p>• 1 flying entry* Max 3 • 1 combo with min 1 change of foot & 1 change of position* • 3rd spin is option of skater • Min 5 rev; 4 each foot for combo; min 2 revs in position • All spins may change feet and start with a fly • <u>Spins must be of a different nature</u></p>	<p>• Straight line, circular, or serpentine* Max 1 • Must use entire ice surface</p>
<p>NOVICE LADIES 3:00 *means element is required</p>	<p>• 1 must be an Axel-type jump* Max 6 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3 jump combo is permitted. • Number of jumps in jump sequence is not limited. • No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence.</p>	<p>• Spins must be of a different nature Max 3 • 1 flying entry w/ no change of foot or position* • 1 spin combination; w/without change of foot* • 3rd spin is option of skater • Min 6 rev; 10 for combo; min 2 revs in position • Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position</p>	<p>• Step or spiral sequence* Max 1 • Must use entire ice surface • Minimum of two (2) spiral positions with at least one change of foot • 3 second minimum for spiral position to count. • Only first 3 spirals count for levels</p>
<p>NOVICE MEN 3:30 *means element is required</p>	<p>• 1 must be an Axel-type jump* Max 7 • Max 3 combos or sequences • Combos limited to 2 jumps, but one 3 jump combo is permitted. • Number of jumps in jump sequence is not limited. • No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence.</p>	<p>• Spins must be of a different nature Max 3 • 1 flying entry w/ no change of foot or position* • 1 spin combination; w/without change of foot* • 3rd spin is option of skater • Min 6 rev; 10 for combo; min 2 revs in position • Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position</p>	<p>• Step or spiral sequence* Max 1 • Must use entire ice surface • Minimum of two (2) spiral positions with at least once change of foot • 3 second minimum for spiral position to count</p>
<p>JUNIOR LADIES 3:30 *means element is required</p>	<p>• 1 must be an Axel-type jump * Max 7 • Max 3 combos or sequences • Combos limited to 2 jumps, but 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. • <u>3 double axels max as solo jump or in combo/sequence</u></p>	<p>• 1 flying entry * Max 3 • 1 spin combination; w/without change of 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 • <u>Spins must be of a different nature</u></p>	<p>• One must be a spiral sequence with at least 2 spirals. Shape may vary. Only first 3 spirals count for levels. Max 2</p>
<p>JUNIOR MEN 4:00 *means element is required</p>	<p>• 1 must be an Axel-type jump * Max 8 • Max 3 combos or sequences • Combos limited to 2 jumps, but 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 • <u>3 double axels max as solo jump or in combo/sequence</u></p>	<p>• 1 flying entry * Max 3 • 1 spin combination; w/without change of 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 • <u>Spins must be of a different nature</u></p>	<p>• Straight line, circular, or serpentine * Max 2 • If two sequences are performed, they must be different step sequences</p>
<p>SENIOR LADIES 4:00 *means element is required</p>	<p>• 1 must be an Axel-type jump * Max 7 • Max 3 combos or sequences • Combos limited to 2 jumps, but 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 • <u>3 double axels max as solo jump or in combo/sequence</u></p>	<p>• 1 flying entry * Max 4 • 1 spin combination; w/without change of foot* • 1 spin with only 1 position * • 4th is option of skater • Min 6 rev; 10 for combo; min 2 revs in position • All spins may change feet and start with a fly • <u>Spins must be of a different nature</u></p>	<p>• One must be a spiral sequence with at least 2 spirals. Shape may vary. Only first 3 spirals count for levels. Max 2</p>
<p>SENIOR MEN 4:30 *means element is required</p>	<p>• 1 must be an Axel-type jump * Max 8 • Max 3 combos or sequences • Combos limited to 2 jumps, but 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 • <u>3 double axels max as solo jump or in combo/sequence</u></p>	<p>• 1 flying entry * Max 4 • 1 spin combination; w/without change of foot* • 1 spin with only 1 position * • 4th is option of skater • Min 6 rev; 10 for combo; min 2 revs in position • All spins may change feet and start with a fly • <u>Spins must be of a different nature</u></p>	<p>• Straight line, circular, or serpentine * Max 2 • If two sequences are performed, they must be different step sequences</p>