

2023-24 Adult Jumps Challenge – This chart reflects the rules in place for the 2023-24 season, which begins July 1, 2023



General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated on half ice; adult gold through masters junior-senior will be skated on full ice.
3. Time Violations:
 - a. IJS – for up to every 5 seconds in excess = -1.0
 - b. 6.0 – for up to every 10 seconds in excess = 0.1

Level	Jump 1	Jump 2	Jump 3
Adult Beginner 1:15 max	Mazurka, or ballet jump	Waltz jump	n/a
Adult Pre-Bronze 1:15 max	Single toe loop	Half flip, or half Lutz, or half-loop (Euler)	n/a
Adult Bronze 1:15 max	Single Salchow	Single toe loop	Jump combination consisting of a single jump of choice + a single toe loop No Axels allowed
Adult Silver 1:15 max	Single flip	Single loop	Jump combination consisting of two single jumps (Axel is permitted)
Adult Gold 1:15 max	Single Axel, or waltz jump	<u>Single flip, or</u> Single Lutz	Jump combination consisting of two single jumps or a double jump + a single jump (in either order). Double jumps are limited to double toe loop or double Salchow.
Masters Intermediate-Novice 1:30 max	Single Axel, or waltz jump	Salchow (single or double), or Toe loop (single or double), or Loop (single or double)	Jump combination consisting of two single jumps or a double jump + a single jump (in either order). Double jumps are limited to double toe loop, double Salchow or double loop
Masters Junior-Senior 1:30 max	Loop (single or double), or Flip (single or double)	Lutz or Flip(single or double)can not repeat flip if used as Jump 1	Jump combination consisting of two single jumps, a double jump + a single jump (in either order) or two double jumps. May include any single or double jumps including double Axel.