

	JUMP ELEMENTS	SPINS	SPIRAL / STEP SEQUENCES
PRELIMINARY LADIES 1:30 +/- 10 sec	Max 5 <ul style="list-style-type: none"> Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature All spins, min 4 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Min. 2 spiral positions of 3 secs each or 1 x 6 secs spiral for a fixed Base Value
PRELIMINARY MEN 1:30 +/- 10 sec	Max 5 <ul style="list-style-type: none"> Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature All spins, min 4 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
ELEMENTARY LADIES 2:00 +/- 10 sec	Max 5 <ul style="list-style-type: none"> Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature All spins, min 4 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Min. 2 spiral positions of 3 secs each or 1 x 6 secs spiral for a fixed Base Value
ELEMENTARY MEN 2:00 +/- 10 sec	Max 5 <ul style="list-style-type: none"> Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature All spins, min 4 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
PRE-PRIMARY LADIES 2:30 +/- 10 sec	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature 1 spin combination, min 10 revs 1 flying spin, min 6 revs 1 spin with only 1 position, min 6 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
PRE-PRIMARY MEN 2:30 +/- 10 sec	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature 1 spin combination, min 10 revs 1 flying spin, min 6 revs 1 spin with only 1 position, min 6 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising ice surface

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PRIMARY MEN 2:30 +/- 10 sec	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature 1 spin combination, min 10 revs 1 flying spin, min 6 revs 1 spin with only 1 position, min 6 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
INTERMEDIATE LADIES 2:30 +/- 10 sec	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature 1 spin combination, min 10 revs 1 flying spin, min 6 revs 1 spin with only 1 position, min 6 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
INTERMEDIATE MEN 2:30 +/- 10 sec	Max 6 <ul style="list-style-type: none"> 1 must be an Axel-type jump Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature 1 spin combination, min 10 revs 1 flying spin, min 6 revs 1 spin with only 1 position, min 6 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
NOVICE LADIES 3:00 +/- 10 sec	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature 1 spin combination, min 10 revs 1 flying spin, min 6 revs 1 spin with only 1 position, min 6 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
NOVICE MEN 3:30 +/- 10 sec	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump Min 1, Max 3 combo or sequences 1 combo/seq may have up to 3 jumps, 2 combos/seq may have 2 jumps 	Max 3 <ul style="list-style-type: none"> Max 3 spins of a different nature 1 spin combination, min 10 revs 1 flying spin, min 6 revs 1 spin with only 1 position, min 6 revs All spins may change feet and start with a fly 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface

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JUNIOR LADIES 3:30 +/- 10 sec	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or sequences 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 2 double Axel max as solo jump or in combo/sequence 	Max 3 <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 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
JUNIOR MEN 4:00 +/- 10 sec	Max 8 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or sequences 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 2 dbl Axel max as solo jump or in combo/seq 	Max 3 <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 	Max 1 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface
SENIOR LADIES 4:00 +/- 10 sec	Max 7 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or sequences 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 2 dbl Axel max as solo jump or in combo/seq 	Max 3 <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 	Max 2 <ul style="list-style-type: none"> Spiral Sequence – Min. 2 spiral positions of 3 secs each or 1 x 6 secs spiral for a fixed Base Value Straight line, circular or serpentine step sequence, fully utilising the ice surface
SENIOR MEN 4:30 +/- 10 sec	Max 8 <ul style="list-style-type: none"> 1 must be an Axel-type jump Max 3 combos or sequences 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 2 dbl Axel max as solo jump or in combo/seq 	Max 3 <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 	Max 2 <ul style="list-style-type: none"> Straight line, circular or serpentine step sequence, fully utilising the ice surface If two sequences are performed, the second sequence will be awarded a fixed Base Value. It must use entire ice surface to be awarded a fixed Base value