

PRIMARY LADIES 2:50 max.	Single Axel	Double Jump Immediately preceded by connecting steps	Jump Combination Single/Double or Double/Double	Flying Spin No Chg Foot, No Chg Posn Min 8 rev	Spin in One Posn No Flying Entry, No Chg Foot Min 8 rev	Spin Combination Spin with only 1 change of foot and at least 1 change of position No Flying Entry Min 6 rev on each foot	Spiral Step Sequence Min. 2 spiral positions of 3 secs each or 1 x 6 secs spiral for a fixed Base Value	
PRIMARY MEN 2:50 max.	Single Axel	Double Jump Immediately preceded by connecting steps	Jump Combination Single/Double or Double/Double	Flying Spin No Chg Foot, No Chg Posn Min 8 rev	Spin in One Posn No Flying Entry, No Chg Foot Min 8 rev	Spin Combination Spin with only 1 change of foot and at least 1 change of position No Flying Entry Min 6 rev on each foot		Step Sequence Straight line, circular, or serpentine
INTERMEDIATE LADIES 2:50 max.	Single Axel	Double Jump Immediately preceded by connecting steps	Jump Combination Single/Double or Double/Double	Flying Spin No Chg Foot, No Chg Posn Min 8 rev	Spin in One Posn No Flying Entry, No Chg Foot Min 8 rev	Spin Combination Spin with only 1 change of foot and at least 2 changes of positions (all 3 positions) No Flying Entry Min 6 rev on each foot	Spiral Step Sequence Min. 2 spiral positions of 3 secs each or 1 x 6 secs spiral for a fixed Base Value	
INTERMEDIATE MEN 2:50 max.	Single Axel	Double Jump Immediately preceded by connecting steps	Jump Combination Single/Double or Double/Double	Flying Spin No Chg Foot, No Chg Posn Min 8 rev	Spin in One Posn No Flying Entry, No Chg Foot Min 8 rev	Spin Combination Spin with only 1 change of foot and at least 2 changes of positions (all 3 positions) No Flying Entry Min 6 rev on each foot		Step Sequence Straight line, circular, or serpentine
NOVICE LADIES 2:50 max.	Double Axel	Double Jump Immediately preceded by connecting steps Can't repeat Axel jump	Jump Combination Double/Double Can't repeat Axel or Solo jump	Flying Spin No Chg Foot, No Chg Posn Min 8 rev	Layback or Sideways Leaning, Spin No Flying Entry Min 8 rev	Spin Combination Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min 6 rev on each foot Min 2 revs in posn	Spiral Step Sequence Min. 2 spiral positions of 3 secs each or 1 x 6 secs spiral for a fixed Base Value	Step Sequence Straight line, circular, or serpentine
NOVICE MEN 2:50 max.	Double Axel	Double Jump Immediately preceded by connecting steps Can't repeat Axel jump	Jump Combination Double/Double Can't repeat Axel or Solo jump	Flying Spin No Chg Foot, No Chg Posn Min 8 rev	Spin in One Posn No Flying Entry, No Chg Foot Min 8 rev	Spin Combination Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min 6 rev on each foot Min 2 revs in posn		2 Step Sequences of a different nature Straight line, circular, or serpentine

<p>JUNIOR LADIES 2:50 max.</p>	<p>Double Axel</p>	<p>Double or Triple Loop Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Double Double/Triple Triple/Double Triple/Triple May not repeat either Double Axel or solo jump</p>	<p>Flying Camel Spin Min 8 rev</p>	<p>Layback or Sideways Leaning, Spin Min 8 rev</p>	<p>Spin Combination Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence Straight line, circular, or serpentine</p>
<p>JUNIOR MEN 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>Double or Triple Loop Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple axel or solo jump</p>	<p>Flying Camel Spin Min 8 rev</p>	<p>Sit Spin With only 1 change of foot Min 6 rev on each foot</p>	<p>Spin Combination Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence Straight line, circular, or serpentine</p>
<p>SENIOR LADIES 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple Triple/Double Triple/Triple May not repeat either Double/Triple axel or solo jump</p>	<p>Flying Spin Min 8 rev</p>	<p>Layback or Sideways Leaning, Spin Min 8 rev</p>	<p>Spin Combination Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence Straight line, circular, or serpentine</p>
<p>SENIOR MEN 2:50 max.</p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quad Jump Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple May not repeat either Double/Triple axel or solo jump</p>	<p>Flying Spin Min 8 rev</p>	<p>Camel or Sit Spin With only 1 change of foot Min 6 rev. on each foot</p>	<p>Spin Combination Spin with only 1 change of foot and all 3 basic positions or any variation thereof No Flying Entry Min 6 rev on each foot Min 2 revs in posn</p>		<p>Step Sequence Straight line, circular, or serpentine</p>