

Warm-Up Durations	GENERAL COMMENTS – JUMP ELEMENTS	GENERAL COMMENTS – SPINS
PEWTER to SILVER 5 mins (ISA By-Law 502) GOLD to MASTERS ELITE 6 mins (ISA By-Law 502)	- Steps, turns, crossovers and stroking are not permitted during a jump sequence. - Each listed jump may be performed a maximum of 2 times. - Non-listed jumps may be included as part of connecting footwork.	- A spin that has no basic position with 2 continuous revolutions will receive no level and no value. - A spin with less than 3 revolutions is considered a skating movement and not a spin. - Spin combination must have a minimum of 2 different basic positions with 2 continuous revolutions in each of these positions anywhere in the spin. - All spins with change of foot must have at least 3 revs on each foot. If not fulfilled, the spin will be marked with a “V”.

Warm-Up Groups Max 8	JUMP ELEMENTS – (NIL)	SPINS	CHOREO / STEP SEQUENCES
ADULT PEWTER Warm-up 5 mins Max 1:30 max	Jumps are optional and restricted to a maximum of ½ revolution for example; Bunny Hop, Tap Toe Jump, Ballet Jump, Waltz Jump, Half Flip, Half Loop. These are not evaluated as an element but may be included in any part of the program including within the sequences.	Max 1 b) One (1) Upright Spin element. Spin must have a minimum of 3 revolutions on one or two feet in any upright position.	Max 1 Step Sequence a) The Step Sequence must be visible and identifiable and must cover at least one third of the ice surface. Step Sequence should contain simple steps and turns for example; held edges, chasses, 3-turns, mohawks, etc. There must be a clear beginning and the element will end with the preparation into the spin.
Component C,P,SS PC Factor: 2.0		(Choreographic Sequence to begin immediately after the exit of the spin)	Max 1 Choreographic Sequence c) Choreographic Sequence must cover at least one third of the ice surface and clearly visible. It should contain at least two (2) different simple free skating movements for example; one or two foot glides, pivots, moving dips, swizzles, etc. The element will begin immediately after the exit of the spin. Base value and evaluated by judges in GOE only.
Max Level Basic Falls outside element 0.50		PLEASE NOTE: There are three (3) required elements. Elements must be skated in the order a), b), c)	

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
ADULT COPPER Warm-up 5 mins Max 1:40 max	Max 4 - Single and half revolution jumps only permitted. - Lutz, Axel type jumps, double or triple jumps NOT permitted. - Waltz jumps and other unlisted jumps will be ignored. - Maximum one (1) jump combination. The jump combination may consist of two (2) listed jumps. - Each listed jump may be performed a maximum of two (2) times.	Max 2 Max 2 spins of a different nature (abbreviation) - Flying Spins and Combination Spins are NOT permitted. - All spins must have a minimum of 3 revolutions. - Minimum of 2 continuous revs in any basic position to be counted.	Connecting Steps Connecting steps throughout the program are required and marked as Transitions.
Component C,P,SS PC Factor: 2.0			
Max Level 1 Falls outside element 0.50			
ADULT BRONZE Warm-up 5 mins 1:40 +/- 10 sec	Max 4 - Single Jumps only permitted. - Axel type jumps, double or triple jumps NOT permitted. - Waltz jumps and other unlisted jumps will be ignored. - Maximum one (1) jump combination. The jump combination may consist of two (2) listed jumps. <u>Euler not permitted.</u> - Each listed jump may be performed a maximum of two (2) times.	Max 2 - Max 2 spins of a different nature (abbreviation), which must be spins in one position with or without a change of foot. - Flying Spins are NOT permitted. - Combination Spins NOT permitted. - Spins must have the required number of revolutions: Min 3 revs for spins with no change of foot Min 6 revs with a change of foot - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.	Max 1 Choreographic Sequence <u>Must contain at least 2 different skating movements. Pattern is free and can be done in any part of the program.</u> Fixed Base Value
Component C,P,SS PC Factor: 2.0			
Max Level 1 Falls outside element 0.50			

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Warm-Up Groups Max 8	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
ADULT SILVER Warm-up 5 mins 2:00 +/- 10 sec Component C,P,SS PC Factor: 2.0 Max Level 2 Falls outside element 0.50	Max 4 - Single jumps only permitted, including single Axel. - Double or triple jumps NOT permitted. - Max two (2) jump combinations or one (1) jump combination <u>without using the Euler</u> and one (1) jump sequence. 1 jump combo or 1 jump sequence may have 3 listed jumps. The other may have 2 listed jumps. - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the takeoff curve of the Axel jump. <u>Euler jump can only be executed once.</u> <u>A jump sequence may include one Euler as a non-listed jump, provided the program does not also contain a jump combination with an Euler.</u> - Each listed jump may be performed a maximum of two (2) times.	Max 2 Max 2 spins of a different nature (abbreviation) - One must be a spin with no change of position with or without change of foot. <u>(No flying entrance allowed)</u> <u>Spin of any nature, May commence with a fly</u> - Spins must have the required number of revolutions: Min 4 revs for spins with no change of foot Min 6 revs for any spin with a change of foot	Max 1 Choreographic Sequence <u>Must contain at least 2 different skating movements. Pattern is free and can be done in any part of the program.</u> - Fixed Base Value
ADULT GOLD Warm-up 6 mins 2:50 +/- 10 sec Component C,P,SS PC Factor: 2.67 Max Level 3 in spins Max Level 2 in steps All Falls 1.0	Max 5 - Single or Double Jumps only permitted, including single Axel. Double Flip, Double Lutz, Double Axel and Triple Jumps are NOT permitted. - Max two (2) jump combinations or one (1) jump combination <u>without using the Euler</u> and one (1) jump sequence. 1 jump combo or 1 jump sequence may have 3 listed jumps. The other may have two (2) listed jumps. - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the takeoff curve of the Axel jump. <u>Euler jump can only be executed once.</u> <u>A jump sequence may include one Euler as a non-listed jump, provided the program does not also contain a jump combination with an Euler.</u> - Each listed jump may be performed a maximum of two (2) times.	Max 3 Max 3 spins of a different nature (abbreviation) - One must be a spin combination with change of foot. <u>No flying entrance allowed.</u> - One must be a flying spin or spin with a flying entrance <u>with or without change of foot.</u> <u>One must be a choreographic spin – Fixed Base Value</u> - Spins must have the required number of revolutions: Min 4 revs for spins with no change of foot Min 8 revs for any spin with a change of foot <u>Min 3 revs for choreographic spin</u>	Max 1 Step Sequence Fully utilising the ice surface. <u>Must include at least one skating movement e.g. spiral, bauer etc. If missing no level.</u> <u>At least 2 difficult turns and steps must be done on clean edges for Level Basic.</u> <u>The twizzle needs to have at least two (2) revolutions to be counted.</u> <u>TP will not award body movements or combos of 3 difficult turns or body movement included in combination turns features.</u> Max Level 2

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Warm-Up Groups Max 6	JUMP ELEMENTS	SPINS	CHOREO / STEP SEQUENCES
ADULT MASTERS and ADULT MASTERS ELITE 3:00 +/- 10 sec	Max 5 - One must be an Axel-type jump Masters: Single and Double Jumps are permitted. Triple or Quad Jumps are NOT permitted. Masters Elite: Single, Double and Triple Jumps are permitted. Quad Jumps are NOT permitted. - Max two (2) jump combinations or one (1) jump combination without using the Euler and one (1) jump sequence. 1 jump combo or 1 jump sequence may have 3 listed jumps. The other may have two (2) listed jumps. - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the takeoff curve of the Axel jump. <u>Euler jump can only be executed once.</u> <u>A jump sequence may include one Euler as a non-listed jump, provided the program does not also contain a jump combination with an Euler.</u> - Each listed jump may be performed a maximum of two (2) times.	Max 3 Max 3 spins of a different nature (abbreviations) - One must be a spin combination <u>with or without change of foot. No flying entrance allowed.</u> - One must be a flying spin or spin with a flying entrance <u>with no change of foot.</u> <u>One must be a choreographic spin – Fixed Base Value</u> - Spins must have the required number of revolutions: Min 5 revs for spins with no change of foot, Min 8 for any spin with a change of foot. <u>Min 3 revs for choreographic spin</u>	Max 1 Step Sequence - Fully utilising the ice surface. <u>At least 2 difficult turns and steps must be done on clean edges for Level Basic.</u> <u>The twizzle needs to have at least two (2) revolutions to be counted.</u>
Component C,P,SS PC Factor: 2.67			
Max Level 4 All Falls 1.0			

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