

## ADULT SINGLES

2008-2009	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>CHAMPIONSHIP MASTERS JUNIOR/SENIOR &amp; MASTERS JUNIOR &amp; MASTERS SENIOR</b></p> <p>3:40 max * means element is required</p>	<p style="text-align: right;"><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combos or sequences</li> <li>• 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>• Each jump may be repeated once, but only as part of combo or sequence</li> <li>• Single, double or triple jumps are permitted</li> </ul> <p style="text-align: center;"><b>** IJS at Adult Nationals only</b></p>	<p style="text-align: right;"><b>Max 4</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 5 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, serpentine or spiral</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE &amp; MASTERS INTERMEDIATE &amp; MASTERS NOVICE</b></p> <p>3:10 max * means element is required</p>	<p style="text-align: right;"><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combos or sequences</li> <li>• 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>• Only one double-double jump combination or sequence is permitted.</li> <li>• Each jump may be repeated once, but only as part of combo or sequence</li> <li>• Single and double jumps are permitted. No triple jumps are permitted</li> <li>• Only the following double jumps are permitted: double toe loop, double salchow, double loop</li> <li>• Double flips, double lutzes, and double axels are not permitted</li> </ul> <p style="text-align: center;"><b>** IJS at Adult Nationals only</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 5 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, serpentine or spiral.</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<p><b>CHAMPIONSHIP GOLD &amp; ADULT GOLD</b></p> <p>2:40 max * means element is required</p>	<p style="text-align: right;"><b>Max 6</b></p> <ul style="list-style-type: none"> <li>• All single jumps are permitted, including an Axel-type jump, plus the following double jumps: double toe loop, double Salchow.</li> <li>• Min 1*, max 3 combos or sequences</li> <li>• 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Each jump may be repeated once, but only as part of combo or sequence</li> <li>• Double flips, double loops, double lutzes, double axels and triple jumps are not permitted</li> </ul> <p style="text-align: center;"><b>** IJS at Adult Nationals only</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 4 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, serpentine or spiral</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>

- Penalties:**
- 0.1 in each mark for each illegal element
  - 0.1 in 1<sup>st</sup> mark for insufficient revs.
  - 0.2 in 1<sup>st</sup> mark should be deducted for each jump and/or spin element exceeding the max.
- 6.0 System**
- 0.1 in each mark for time violation
  - 0.1 in 1<sup>st</sup> mark for step seq. not fully utilizing the ice
  - 0.2 in 1<sup>st</sup> mark should be deducted if an element indicated by an \* is omitted

<p><b>ADULT SILVER</b></p> <p>2:10 max</p> <p>* means element is required</p>	<p style="text-align: right;"><b>Max 5</b></p> <ul style="list-style-type: none"> <li>All single jumps are permitted, including an Axel-type jump.</li> <li>Min 1*, max 3 combos or sequences</li> <li>3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>Each jump may be repeated once, but only as part of combo or sequence.</li> <li>No double or triple jumps are permitted</li> </ul> <p style="text-align: center;"><b>** 6.0 at Adult Nationals &amp; Adult Sectionals</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>Min 3 revs; 3 revs each foot if change of foot</li> <li>Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>Straight line, circular, serpentine or spiral.</li> <li>Must use at least ½ ice surface</li> <li>Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<p><b>ADULT BRONZE</b></p> <p>1:50 max</p> <p>* means element is required</p>	<p style="text-align: right;"><b>Max 4</b></p> <ul style="list-style-type: none"> <li>All single jumps are permitted</li> <li>Min 1*, max 3 combos or sequences</li> <li>3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>Each jump may be repeated once, but only as part of combo or sequence. (Maximum of 2 of any jump.)</li> <li>No Axel-type jumps or double or triple jumps are permitted</li> </ul> <p style="text-align: center;"><b>** 6.0 at Adult Nationals &amp; Adult Sectionals</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, etc.).</li> <li>Min 3 revs; 3 revs each foot if change of foot</li> <li>Min 2 revs in position</li> <li>No flying spins are permitted</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>Straight line, circular, serpentine or spiral.</li> <li>Must use at least ½ ice surface</li> <li>Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>

- Penalties:**
- 0.1 in each mark for each illegal element
  - 0.1 in 1<sup>st</sup> mark for insufficient revs.
  - 0.2 in 1<sup>st</sup> mark should be deducted for each jump and/or spin element exceeding the max.
- 6.0 System**
- 0.1 in each mark for time violation
  - 0.1 in 1<sup>st</sup> mark for step seq. not fully utilizing the ice
  - 0.2 in 1<sup>st</sup> mark should be deducted if an element indicated by an \* is omitted

**Adult Singles 2008/09 Version 6.0 – 6/07/08 LR**