

ADULT SINGLES

2007-2008	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>CHAMPIONSHIP MASTERS & MASTERS NOVICE, JUNIOR, & SENIOR</p> <p>3:40 max * means element is required</p>	<p style="text-align: right;">Max 7</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min 1, max 3 combos or sequences.* • Combos/sequences limited to 2 jumps, but one 3 jump combo/sequence is permitted. • Each jump may be repeated once, but only as part of combo or sequence. (Maximum of 2 of any jump.) • Additional jump sequences which contain jumps of not more than one (1) revolution performed as part of connecting footwork preceding single, double or triple jumps are permitted. • Single, double or triple jumps permitted. 	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> • 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.). • Min 5 revs; 4 revs each foot if change of foot. • Min 2 revs in position. 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • Straight line, circular, serpentine or spiral. • Must use entire ice surface. • 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.
<p>CHAMPIONSHIP GOLD & ADULT GOLD</p> <p>2:40 max * means element is required</p>	<p style="text-align: right;">Max 6</p> <ul style="list-style-type: none"> • May include single jumps, including an Axel-type jump, plus the following double jumps: double toe loop, double Salchow, double loop. • Min 1, max 3 combos or sequences.* • Combos/sequences limited to 2 jumps, but one 3 jump combo/sequence is permitted. • Each jump may be repeated once, but only as part of combo or sequence. (Maximum of 2 of any jump.) • Additional jump sequences which contain jumps of not more than one (1) revolution performed as part of connecting footwork preceding single or double jumps are permitted. • No triple jumps, double flips, double Lutzes or double Axels. 	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> • 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.). • Min 4 revs; 4 revs each foot if change of foot. • Min 2 revs in position. 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • Straight line, circular, serpentine or spiral. • Must use entire ice surface. • 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.
<p>ADULT SILVER</p> <p>2:10 max * means element is required</p>	<p style="text-align: right;">Max 5</p> <ul style="list-style-type: none"> • May include single jumps and an Axel-type jump. • Min 1, max 3 combos or sequences.* • Combos/sequences limited to 2 jumps, but one 3 jump combo/sequence is permitted. • Each jump may be repeated once, but only as part of combo or sequence. (Maximum of 2 of any jump.) • No double or triple jumps. 	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> • 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.). • Min 3 revs; 3 revs each foot if change of foot. • Min 2 revs in position. 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • Straight line, circular, serpentine or spiral. • Must use at least ½ ice surface. • 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.
<p>ADULT BRONZE</p> <p>1:40 max * means element is required</p>	<p style="text-align: right;">Max 4</p> <ul style="list-style-type: none"> • May include single-revolution jumps. • Min 1, max 3 combos or sequences.* • Combos/sequences limited to 2 jumps, but one 3 jump combo/sequence is permitted. • Each jump may be repeated once, but only as part of combo or sequence. (Maximum of 2 of any jump.) • No Axel-type jumps or double or triple jumps. 	<p style="text-align: right;">Max 3</p> <ul style="list-style-type: none"> • 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.). • Min 3 revs; 3 revs each foot if change of foot. • Min 2 revs in position. • No flying spins. 	<p style="text-align: right;">Max 1</p> <ul style="list-style-type: none"> • Straight line, circular, serpentine or spiral. • Must use at least ½ ice surface. • 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.

- Penalties:**
- 0.1 in each mark for each illegal element
 - 0.1 in 1st mark for insufficient revs.
 - 0.2 in 1st 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 1st mark for step seq. not fully utilizing the ice
 - 0.2 in 1st mark should be deducted if an element indicated by an * is omitted