

<p>NOVICE</p> <p>2:30 max IJS Level - Advanced Novice</p> <p>ISU Communication 1760 Max Level 3</p> <p>Components SS, TR, PE, IN</p>	<p>Lifts</p> <p>Any Group 1-4</p> <p>One arm hold not allowed Min 1 rev and Max 3 1/2 revs by man</p>	<p>Twist Lift</p> <p>Single or Double</p>		<p>Solo Jump</p> <p>Single or Double</p>	<p>Solo Spin</p> <p>Solo Spin or Spin Combination</p> <p>Min 5 rev in total</p>	<p>Death Spiral</p> <p>Any death spiral or pivot figure</p> <p>If Pivot Figure is used it is marked in GOE only</p>	<p>Step Sequence</p> <p>Pattern not required but must fully utilize the ice surface</p>
<p>JUNIOR</p> <p>2:50 max</p> <p>IJS Level Junior</p> <p>ISU Rule 520 - 2013/14</p>	<p>Lifts</p> <p>Toe Lasso lift take off (Group 5)</p> <p>Min 1 rev and Max 3 1/2 revs by man</p>	<p>Twist Lift</p> <p>Double</p>	<p>Throw Jump</p> <p>Double or Triple Toe Loop</p>	<p>Solo Jump</p> <p>Double loop or Double Axel Jump</p>	<p>Pair Spin Combination</p> <p>Spin with only 1 change of foot</p> <p>Total 8 rev</p>	<p>Death Spiral</p> <p>Backward Inside</p> <p>When final death spiral posn is attained, both partners must execute 1 full rev with man in low pivot posn</p>	<p>Step Sequence</p> <p>Pattern not required but must fully utilize the ice surface</p>
<p>SENIOR</p> <p>2:50 max</p> <p>IJS Level Senior</p> <p>ISU Rule 520 - 2013/14</p>	<p>Lifts</p> <p>Any Lasso Lift take off (Group 5)</p> <p>Min 1 rev and Max 3 1/2 revs by man</p>	<p>Twist Lift</p> <p>Double or Triple</p>	<p>Throw Jump</p> <p>Double or Triple</p>	<p>Solo Jump</p> <p>Double or Triple</p>	<p>Pair Spin Combination</p> <p>Spin with only 1 change of foot</p> <p>Total 8 rev</p>	<p>Death Spiral</p> <p>Backward Inside</p> <p>When final death spiral posn is attained, both partners must execute 1 full rev with man in low pivot posn</p>	<p>Step Sequence</p> <p>Pattern not required but must fully utilize the ice surface</p>