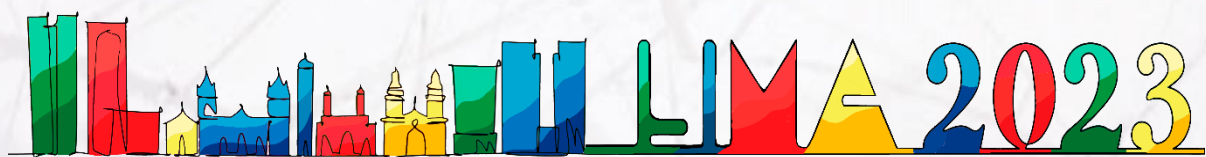
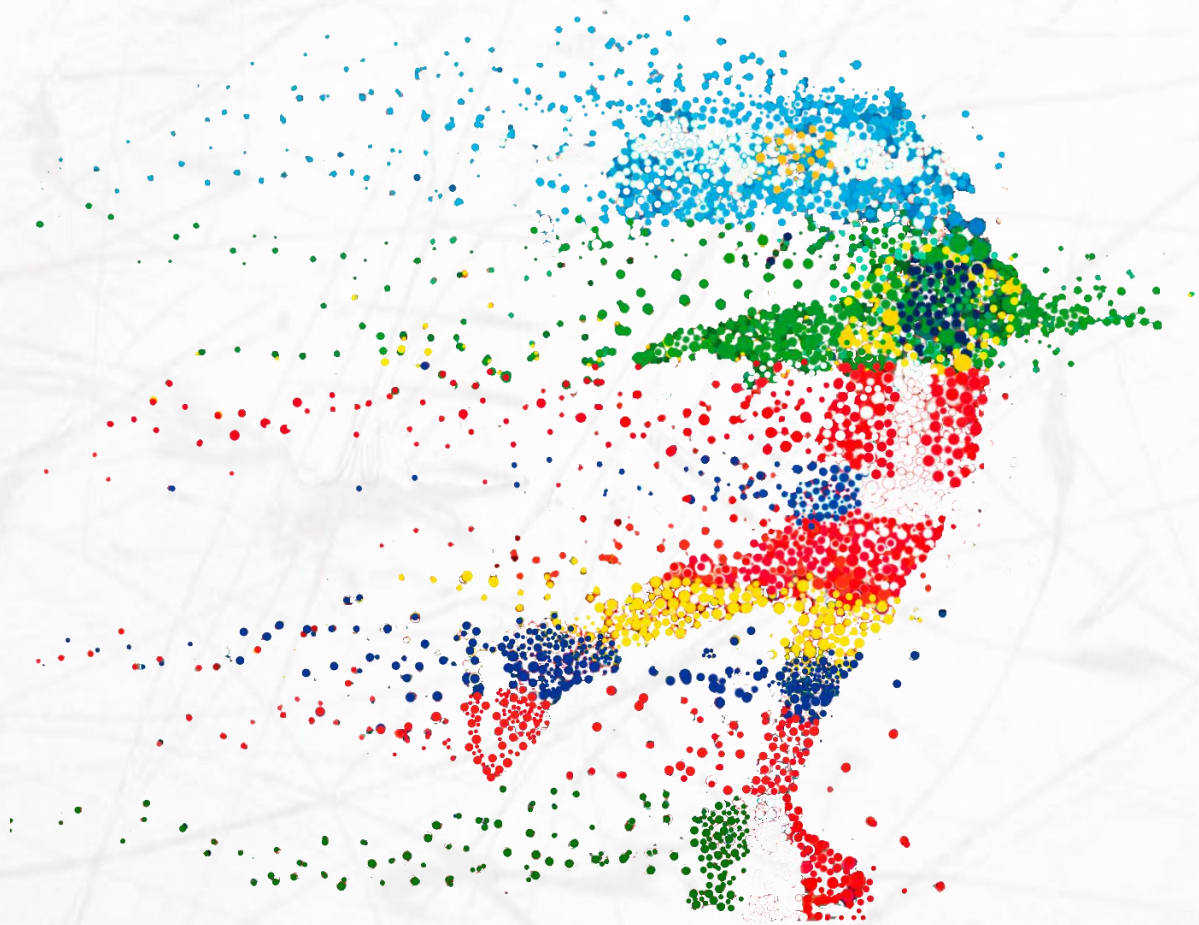


1st Latin American Regional Inter-Club Figure Skating Competition



November 3 - 5

GENERAL INSTRUCTIONS

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The purpose of these instructions is to serve as a guide for the proper development of the “1st Latin American Interclub Regional Ice Skating Championship - Lima 2023” from the registration process until the time of the awards.

I. RULES OF COMPETITION

1. General regulations:

a. Obligations:

Athletes and Coaches must know these rules in order to have a smooth competition. The organization of the event will oversee ensuring its faithful compliance. Any doubts in the technical or logistical area will be resolved by the organizing committee until the end of the registration, taking for granted the total acceptance of these Regulations.

b. Behavior:

The participating delegations (Skaters, Coaches and Parents) must respect and address the Judges, Officials, Organizers, Coaches, Skaters, family members, and the general public in a friendly manner. Any problem that is generated by family, friends, and/or companions of the participant, may cause the Skater to be automatically disqualified under the decision of the CHAMPIONSHIP DISCIPLINARY COMMITTEE and may be suspended from the next Latin American competitions depending on the severity of the fault.

c. Punctuality:

All events will start on time, so participants are requested to arrive 60 minutes in advance to start the activities.

d. Use of identification accreditation:

The accreditation will be mandatory for participants, Coaches, Judges, Technical assistants, and delegates to enter the ice rink facilities and/or carry out the activities corresponding to the championship. The absence of it will make the participants or whoever corresponds, unable to enter or carry out their assigned activities and they must pay for their entry the value stipulated by the ice rink administration on the days of the event.

- e. Participation:
Any skater belonging to a School or Club duly accredited by their respective National Federation may participate.

- f. Documents submission:
The registration forms must be sent by the OFFICIAL REPRESENTATIVE OF THE CLUB or BY ITS RESPECTIVE NATIONAL FEDERATION to the organizers electronically to perupatinajesobrehielo@gmail.com (all the communications must have the name of the club and the country in the subject) on the established date and physically at the time of accreditation.

- g. Schedules:
The schedules established for the competitions are immovable, so they are requested to enter and leave the ice skating rink at the indicated time, to avoid delaying the rest of the skaters.

- h. Photography and video:
The organization of the event will have hired photography and video personnel who will be the only ones authorized to enter the competition area. For more information, please contact the Organizing Committee.

- i. Demarcation:
Everyone who participates in the championship do so under their own responsibility; Consequently, its organizers and/or representatives are not responsible if the user suffers some type of accident or damage on the ice rink or within its facilities. In the same way, the company and its organizers will not be responsible for the loss, deterioration, and/or misplacement of personal belongings inside or outside the facilities.

- j. Payments:
Any payment made will not be refunded in any case and/or circumstance if the skater decides not to participate.

- k. Non-ISU Member Delegations:
Because the competition is an event for clubs from Latin American countries that are ISU Members, it provides that clubs from NON-ISU MEMBERS countries are invited to request authorization to participate in the competition, and it will be the Organizing Committee of the event who will approve their registration and participation.

- l. Registration:
Entries must be made through a Club or Organization affiliated with a National Sports Federation and in the case of an ISU Member country, by a Club or Organization registered with the respective ISU affiliated Federation. This registration must be signed by a Coach certified by your Club and/or Federation. (Annexes 1, 2, 4 and 5).

II. TECHNICAL DESCRIPTION:

- a. This Championship is not part of any national competition circuit, it is open and friendly. Skaters will participate according to their age and category as of July 1, 2023. This is an open non-qualifying event (non-federative).
- b. Assessment:
According to the General Manual of Technical Requirements, calculations, and behavior for all disciplines and categories (attached).
- c. Official Competition Ice Rink:
Peru on Ice (Av Agustín de la Rosa Toro 1250 – San Borja - Lima)
Rink measures: 30m x 15m
- d. Participation levels*:
Skaters from ISU Member Federations will compete at their highest level achieved according to their National Federation. In the case of clubs from Federations not affiliated to the ISU, the level of participation is defined by the Coach (if there is no evaluation system).

* According to the Technical Manual attached to these instructions.

BASICS: 1 – 4

PRE-ADVANCED: 1 – 4

ADVANCE LEVELS: Pre- preliminary,
Preliminary,
Pre-juvenile,
Juvenile,
Intermediate

- e. Categories: As of July 1, 2023

5 – 7 years old – MINORS

8 – 10 years old – CHILDREN

11 – 13 years old – PRE-TEENS

14 – 17 years old – TEENS

18 – 25 years old – ADULTS

ISU levels according to the ISU regulations

ADULTS LEVELS – More than 25 years old

III. EVENTS

1. Free Skate Singles:

Check the attached Technical Manual

a. Program times:

BASICS 1- 6	1 minute 40 seconds +/- 10 seconds
PRE-ADVANCED	1 minute 50 seconds +/- 10 seconds
PRE-PRELIMINARY	2 minutes +/- 10 seconds
PRELIMINARY	2 minutes 10 seconds
PRE JUVENILE	2 minutes 10 seconds
JUVENILE	2 minutes 30 seconds +/- 10 seconds
INTERMEDIATE	3 minutes +/- 10 seconds
NOVICE	2 minutes 30 seconds +/- 10 seconds
JUNIOR	3 minutes 30 seconds
SENIOR	4 minutes
ADULT PRE BRONZE	1 minute 40 seconds
ADULT BRONZE	1 minute 50 seconds
ADULT SILVER	2 minutes 10 seconds
ADULT GOLD	2 minutes 40 seconds
ADULT MASTER INTERMEDIATE	3 minutes 10 seconds
ADULT MASTER JUNIOR/SENIOR LEVEL	3 minutes 40 seconds

b. Judging System:

International Judging System

c. Officials Panel:

5 Judges , 1 Data Operator, 1 Technical Specialist, and 1 Technical Controller

2. Showcase:

a. Characteristics

- The performances will be judged from the point of view of entertainment, for theatrical and artistic qualities.
- This category will be judged using only the component marks of the program. Technical skating skills and difficulty will not be rewarded as such; However,

the skating must be the main element of the choreography and be of sufficient quality to support the selected theatrical elements.

- Involuntary falls, poorly executed skating elements, and obvious loss of control will negatively affect the competitor's/team's scores.
- The difficulty of jumping will not be rewarded in the final score; Therefore, jumps, if choreographed, must be performed with the sufficient skill that they do not affect program components.
- Theatrical elements evaluated will include, but are not limited to:
 - o reflection of musicality in regard to the concept of the program
 - o projection
 - o energy
 - o time
 - o acting
 - o skating skills that related to the music
 - o age appreciation for skaters
 - o use of props and scenery
 - o interaction (only duets and ensembles)
 - o Note: Long pauses are not encouraged
- They will be considered for composition and presentation marks
- Deductions will be applied for negligence related to: costumes, accessories, and program times. If there is more than one violation, each will be deducted from the single score.

b. Categories

- Singles (1 Skater)
- Couple/duo (2 Skaters)
- Mini production (3 – 7 Skaters)
- Production (8 Skaters or more)

c. Program times – Except Adult categories:

Event	Age	Time
Basics	No minimum age (Max 25 years old)	1:40 max
Pre Advanced 1 - 4	No minimum age (Max 25 years old)	1:40 max
Pre Preliminary -Preliminary	No minimum age (Max 25 years old)	1:40 max
Pre juvenile - Juvenile	No minimum age (Max 25 years old)	1:40 max
Intermediate	No minimum age (Max 25 years old)	2:10 max
Junior	18 years old or younger	2:10 max
Senior	16 – 25 years old	2:10 max

d. Program times –Adult categories:

Event	Age	Time
Adult Pre Bronze	26 years old or older	1:40 max
Adult Bronze	26 years old or older	1:40 max
Adult Silver	26 years old or older	1:40 max
Adult Gold	26 years old or older	1:40 max
Adult Master Junior/Senior	26 years old or older	2:30 max

IV. AWARDS

Certificates of participation will be delivered to all participants.

1. Individual Competition

The first 3 places with the highest score will be awarded GOLD, SILVER, and BRONZE medals respectively.

2. Competition by Clubs

Because this competition is defined in its title as a competition between clubs, there will be a special prize for the clubs that have the highest score in their respective nationalities, in each of the categories, regardless of their age: Basic, Pre Advanced, Advanced, Novice-Junior-Senior (Singles).

The calculation will be made as follows: 3 points will be awarded for each gold medal, 2 points for each silver medal and 1 point for each bronze medal obtained to each club, these points will be divided between the number of skaters that each club has presented in the championships. The result will be the final score of this club in that category. This will be done with all clubs. The one with the highest score will receive the category prize.

2. Absolut Competition

At the end of the competition and with all the scores duly awarded, the absolute winner country/delegation of the contest will be announced, according to the score they have obtained. This will be calculated as follows: 3 points will be awarded for each gold medal, 2 points for each silver medal and 1 point for each bronze medal obtained by each club of each country, these points will be divided between the number of skaters that each country has presented in the contest. These points will be divided by the number of skaters that each delegation has presented. The result will be the final score of the delegation. The delegation that obtains the highest score will receive the absolute trophy of the contest.

V. REGISTRATION SCHEDULE

1. Entries

- Open from July 1 to August 31
- Registration must be made by club and not individually.
- They must be submitted by the Representative or Coach in charge of each Club through their respective National Federation.
- The attachments must be sent via email to perupatinajesobrehielo@gmail.com with the subject Lima2023 + the name of the Club no later than September 30.

2. Costs

Costs	Cost by person in USD		
	1st event	2nd event	3rd event
Free Skate	165	90	60
Showcase singles			
Duo/Couple			
Showcase 3 - 7	260		
Showcase 8 +	270		
Synchronized	270		

Out of Date: from October 01 to October 15, there will be a 25% surcharge.

3. Payments:

- In cash for national delegation
- Western Union – foreign delegations (Net worth without commission)
- The payment includes Participation in the Competition and Official Practices.

VI. SCHEDULE OF ACTIVITIES

- Monday, October 30: Accreditation from 6pm to 10pm
- Tuesday, October 31: Official Practices According to Schedule from 7am to 4pm
- Wednesday, November 1: Official Practices According to Schedule from 7am to 4pm
- Thursday, October 2: Official Practices According to Schedule from 7am to 4pm
- Thursday, November 2: Opening Ceremony at 8pm
- Friday, November 3: Competition Day 1
- Saturday, November 4: Competition Day 2
- Sunday, November 5: Competition Day 3
- Sunday, November 5: Awards and Closing Ceremony

VII. SKATING ORDER

- The skating order will be sent by mail from October 15.
- The skating order will be assigned based on the corresponding level and category in alphabetical order according to the first surname of each of the skaters.

VII. OFFICIAL PRACTICES

The schedule for official practices of the event will be sent in advance.

VIII. ATTACHMENTS

Annex 1 - REGISTERED LIST BY CLUB

SINGLES



Country: _____

Club: _____

Coach: _____

Club delegate: _____

	Surnames	Names	Age	Date of Birth	Level	Category
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Annex 2 - PLANEED PROGRAM (PPCS)

SINGLES



Name: _____ Club: _____

Country: _____ Coach: _____

Level: _____ Category: _____

	Element	Code
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Annex 3 Honor Commitment



Hereby certify my commitment of Honor, by which I agree to behave inside and outside the venue of the contest in a decent manner, always demonstrating my high sportsmanship.

I will respect people and their property; In case of being the cause of any injury, damage, or loss of any material property, I will indemnify the organizers, members, or managers together with the professional fees of third parties that the organizers may incur as a result of my conduct.

Likewise, I promise to assume all the expenses that arise in case of accidents, damages, or losses, caused by the undersigned.

Signature: _____

Name: _____

Address: _____

Country: _____ Telephone _____

Date: _____

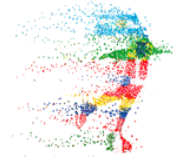
Signature of representative: _____

Name: _____

Date: ____ / ____ / ____

(In case you are under 18 years of age)

Annex 4 - Registration sheet- duets and mini production



Event: Duo Mini production

Athletes Data

	Names & Surnames	Age	Date of Bith	Country	Club
1					
2					
3					
4					
5					
6					
7					
8					

Competition Level

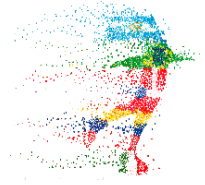
Basics		Pre Advanced		Advanced		Adults	
Basic 1	<input type="checkbox"/>	Pre Advanced 1	<input type="checkbox"/>	Pre - Preliminary	<input type="checkbox"/>	Pre Bronze	<input type="checkbox"/>
Basic 2	<input type="checkbox"/>	Pre Advanced 2	<input type="checkbox"/>	Preliminary	<input type="checkbox"/>	Bronze	<input type="checkbox"/>
Basic 3	<input type="checkbox"/>	Pre Advanced 3	<input type="checkbox"/>	Pre- Juvenile	<input type="checkbox"/>	Silver	<input type="checkbox"/>
Basic 4	<input type="checkbox"/>	Pre Advanced 4	<input type="checkbox"/>	Juvenile	<input type="checkbox"/>	Gold	<input type="checkbox"/>
				Intermediate	<input type="checkbox"/>	Master Int.	<input type="checkbox"/>
				Novice	<input type="checkbox"/>	Master Ju & Se	<input type="checkbox"/>
				Junior/Senior	<input type="checkbox"/>		

Age Category (Before July 1st 2023)

Minors Pre teens Adults
 Children Teens

Club representative: _____ Coach: _____

Annex 5 - Medical Record



Personal data:

Complete Name: _____

Address: _____ Country: _____

Movil Phone: _____ Emergency phone: _____ Date of Birth: _____

Athletes email: _____ Emergency email: _____

Blood type : _____ Allergies: (Detail wich) _____

Asthma: _____ Migraine: _____ Audition problems: _____

Diabetes: _____ Insuline: Yes ___ NO ___ Glasses: _____

Bronchitis: _____ Blood pressure: Low ___ High ___ Hernias: _____

Cardiovascular diseases: _____ Coagulation problems _____

Renal diseases: _____, Neurological diseases _____

Please detail what medicines you take (dose): _____

Do you need any special care for practicing Figure Skaing? _____

If you want to add any comments please do it here: _____

Doctor's seal and signature

Father/mother's Signature

Name of the Father/Mother

Annex 6: Physical Fitness Certificate



Athlete data:

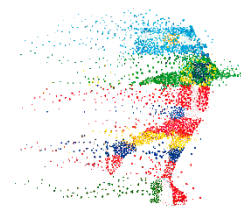
Names:	
Surnames:	
ID:	
Age:	
Examination Date:	

The undersigned certifies that the athlete has been clinically examined and after having took the corresponding tests, does not present restrictions for the recreational or competitive practice of Figure Skating.

This certificate is issued to be presented to whom it may concerns

Doctor's seal and signature

Annex 7 : Basic levels Requirements



*more details in the General Manual for Technical Requirements

LEVEL	Elements		
<p>Basic 1</p> <p>7 elements</p> <p>1.40 +/- 10 sec</p>	<ul style="list-style-type: none"> - Forward Swizzles - Backward Wiggles - 2Ft Glide -Dip 	<ul style="list-style-type: none"> - Forward one foot Glide - Scooter pushes R <u>or</u> L - Forward Snowplow stop 	<ul style="list-style-type: none"> - Backwards Swizzles - Forward Snowplow Stop - 2Ft Turn in a place
<p>Basic 2</p> <p>7 elements</p> <p>1.40 +/- 10 sec</p>	<ul style="list-style-type: none"> - Beginning Forward Stroking - Forward ½ Swizzle pumps on a circle (minimum 4) - Moving Forward to backward 2Ft turn 	<ul style="list-style-type: none"> - 1 foot glide on a straight line - CCW <u>and</u> CW Forward Pivots - Backward Snowplow Stop – R <u>or</u> L. 	<ul style="list-style-type: none"> - Side toe hop - Forward Slalom - Forward Lunge
<p>Basic 3</p> <p>7 elements</p> <p>1.40 +/- 10 sec</p>	<ul style="list-style-type: none"> - Forward Outside edge - Forward Crossover - Hockey Stop R <u>or</u> L - Backward ½ swizzle pumps on a circle 	<ul style="list-style-type: none"> - Backward 1Ft glide R <u>or</u> L - Beginning 2Ft Spin - Backward outside edge on a circle 	<ul style="list-style-type: none"> - Backward Crossover - Forward outside 3turn R <u>and</u> L - Advanced 2Ft Spin
<p>Basic 3</p> <p>8 elements</p> <p>1.40 +/- 10 sec</p>	<ul style="list-style-type: none"> - Basic Forward Spiral - Mohawk - Bunny hop - Forward Inside 3Turn R <u>or</u> L - Beginning 1Ft Spin 	<ul style="list-style-type: none"> - T Stops R <u>or</u> L - Shoot the duck R or L - 2 Forward crossovers into - Step down and cross behind 	<ul style="list-style-type: none"> - Waltz jump - 1Ft Upright Spin - Mazurca - Step into one backward crossover and step to a forward inside edge

Annex 8 : Pre Advanced levels Requirements



*more details in the General Manual for Technical Requirements

LEVEL	JUMP ELEMENTS	SPINS	STEPS
<p>Pre Advanced 1</p> <p>7 elements</p> <p>1.50 +/- 10 sec</p>	<p>3 solo Jump elements</p> <p>Half Flip</p> <p>Half Lutz</p> <p>Single Toe Loop</p> <p>Single Salchow</p>	<p>1 Spin Element</p> <ul style="list-style-type: none"> - 1 foot Upright Spin (Forward, Scratch) - Beginning Back Spin 	<p>3 Steps</p> <ul style="list-style-type: none"> - Forward Stroking (4-6) - Forward Inside Spiral R&L - Alternating Forward outside Spiral R&L - Backward Outside and inside 3 turns R&L
<p>Pre Advanced 2</p> <p>7 elements</p> <p>1.50 +/- 10 sec</p> <p>* mandatory elements</p>	<p>3 Jump elements</p> <p>2 solo Jumps:</p> <ul style="list-style-type: none"> - Single Loop* - Single flip* <p>1 Jump combination:</p> <ul style="list-style-type: none"> - Waltz jump + Single Toe loop - Single salchow + Single Toe loop 	<p>2 Spin Elements</p> <ul style="list-style-type: none"> - Upright Spin (change of positions is allowed) - Sit Spin* - May not start with flying entry 	<p>2 Steps</p> <ul style="list-style-type: none"> - Alternating Mohawk - Crossover seq - Forward power 3s
<p>Pre Advanced 3</p> <p>7 elements</p> <p>1.50 +/- 10 sec</p> <p>* mandatory elements</p>	<p>4 Jump elements</p> <p>2 solo Jumps:</p> <ul style="list-style-type: none"> - Single Lutz* - All single jumps are allowed <p>2 jump combinations</p> <ul style="list-style-type: none"> - Waltz jump + Single Loop - Waltz jump + Euler + Single salchow 	<p>2 Spin Elements</p> <ul style="list-style-type: none"> - Camel Spin* - Change of position is allowed - Change of foot or flying entry are not allowed 	<p>1 Step sequence</p> <ul style="list-style-type: none"> - Must fully utilize the ice surface - Single jumps are allowed - Spiral sequence are allowed but will not be counted as elements
<p>Pre Advanced 4</p> <p>7 elements</p> <p>1.50 +/- 10 sec</p>	<p>4 Jump elements</p> <p>3 solo Jumps:</p> <ul style="list-style-type: none"> - All single jumps are allowed - Single Axel is not allowed <p>2 jump combinations</p> <ul style="list-style-type: none"> - One could be a 3 or 2 single jumps combinations - One could be a sequence (with waltz jump) 	<p>2 Spin Elements</p> <ul style="list-style-type: none"> - All Spins are allowed - Must be of a different character - Change of foot or flying entry are allowed - Change of position is allowed 	<p>1 Step sequence</p> <ul style="list-style-type: none"> - Must fully utilize the ice surface - Single jumps are allowed - Spiral sequence are allowed but will not be counted as element

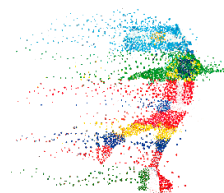
Annex 9a : Advanced levels Requirements



*more details in the General Manual for Technical Requirements

LEVEL	JUMP ELEMENTS	SPINS	STEPS
<p>Pre Preliminary</p> <p>8 elements</p> <p>1.40 +/- 10 sec</p> <p>*Mandatory elements</p>	<p>5 Jump elements</p> <p>3 Single jumps - One must be an Axel Type jump or a waltz jump*</p> <p>- All single jumps are allowed, No doubles, triples or quadruple jumps are allowed</p> <p>- Axel may be repeated once as a solo jump or part of a jump sequence or jump combination</p> <p>2 Jump combinations or sequence</p> <p>- Limited to 2 jumps except that one 3 jump combination with a maximum of 3 single jumps is allowed</p> <p>- Jump sequence is any listed jump immediately followed by an Axel type jump</p>	<p>2 Spin Elements</p> <p>- Spins may change feet and/or position</p> <p>- Spins may start with a flying entry</p> <p>- Min 3 revs</p> <p>- All Spins will have level 1 Max</p>	<p>1 Step sequence</p> <p>- Must fully utilize the ice surface</p> <p>- Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>- Single jumps may be included</p> <p>Level 1 Max</p>
<p>Preliminary</p> <p>8 elements</p> <p>2.0 +/- 10 sec</p> <p>* mandatory elements</p>	<p>5 Jump elements</p> <p>3 Single jumps - One must be an Axel Type jump or a waltz jump*</p> <p>- All single jumps including the single Axel are allowed. Only 2 different double jumps may be attempted (Limited to double Salchow, double Toe loop and double loop)</p> <p>- An Axel jump plus up to two different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</p>	<p>2 Spin Elements</p> <p>- Spins may change feet and/or position</p> <p>- Spins may start with a flying entry</p> <p>- Min 3 revs</p> <p>- All Spins will have level 1 Max</p>	<p>1 Step sequence</p> <p>- Must fully utilize the ice surface</p> <p>- Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>- Single jumps may be included</p> <p>- Level 1 max</p>
<p>Pre Juvenile</p> <p>8 elements</p> <p>1.50 +/- 10 sec</p> <p>* mandatory elements</p>	<p>5 Jump elements</p> <p>3 Single jumps - One must be an Axel Type jump*</p> <p>- All single and double jumps are allowed except for the double Axel</p> <p>- No Triple or quadruple jumps are allowed</p> <p>- An Axel jump plus up to 3 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</p>	<p>2 Spin Elements</p> <p>- Spins may change feet and/or position</p> <p>- Spins may start with a flying entry</p> <p>- Min 3 revs</p> <p>- All Spins will have level 1 Max</p>	<p>1 Choreo sequence</p> <p>- Must include at least two Choreographic Movements</p>

Annex 9b : Advanced levels Requirements



*more details in the General Manual for Technical Requirements

LEVEL	JUMP ELEMENTS	SPINS	STEPS
<p>Juvenile</p> <p>8 elements</p> <p>2.30 +/- 10 sec</p> <p>*Mandatory elements</p>	<p>5 Jump elements</p> <p>3 Single jumps</p> <ul style="list-style-type: none"> - One must be a simple or double Axel - All single and double jumps are allowed, One triples is allowed - An Axel jump plus up to 3 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination. The allowed triple jump can only be included once. <p>2 Jump combinations or sequence</p> <ul style="list-style-type: none"> - Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequences are limited to two jumps except that one jump combination or one jump sequence may contain three jumps with a maximum of two double jumps and one single jump. If double Axel or triple jump is part of three jump combination/sequence, then two other double jumps may be included. 	<p>2 Spin Elements</p> <ul style="list-style-type: none"> - One must be a spin combination with at least one change of position, optional change of foot, and a minimum of eight revolutions - One must be a spin in one position with a minimum of five revolutions and no change of foot - All spins must be of a different character - Both spins may have a flying entry - Each basic position must be held for a minimum of two revolutions to be counted. 	<p>1 Step sequence</p> <ul style="list-style-type: none"> - Must include at least two Choreographic Movements
<p>Intermediate</p> <p>9 elements</p> <p>3.00 +/- 10 sec</p> <p>* mandatory elements</p>	<p>6 Jump elements</p> <p>One must be an Axel-type jump</p> <ul style="list-style-type: none"> - All single, double and triple jumps are permitted. One must be an Axel-type jump - All single, double and triple jumps are permitted. - Quadruple jumps are not permitted. - No more than two different jumps with 2½ or three revolutions may be repeated. - If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence. - If at least one of these executions is in a jump combination or a jump sequence, both executions (of the same double or triple jump) are evaluated in a regular way. If both executions (of the same double or triple jump) are as solo jumps, the second of these solo jumps will receive 70 percent of its original base value. - No double or triple jump can be included more than twice. - There may be up to three jump combinations or two jump combinations and one jump sequence. - Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may contain three jumps. 	<p>2 Spin Elements</p> <ul style="list-style-type: none"> - One must be a spin combination with at least one change of position, optional change of foot, and a minimum of eight revolutions - One must be a spin in one position with a minimum of five revolutions and optional change of foot - All spins must be of a different character - One spin must have a flying entry Each basic position must be held for a minimum of two revolutions to be counted - The skaters have freedom to select the kinds of spins they intend to execute within the spin types required <p>All Spins will have Level 2 Max.</p>	<p>1 Step sequence</p> <ul style="list-style-type: none"> - Must fully utilize the ice surface - Only simple variety (seven turns) and rotation in each direction covering at least 1/3 of the pattern in total for each rotational direction will be evaluated for a maximum of Level 2 - Must be visible and identifiable and should be performed using almost the full ice surface - Jumps may be included in the step sequence -Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements may be included at the discretion of the skater - Moves in the field sequences and spiral sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such