

## ISAM Comm No. 005.1 Singles Test Summary

<b>ELEMENTARY</b> 1:30 +/- 10 secs	<b>Single Flip</b>	<b>Single Lutz</b>	<b>Three Jump + Single Loop Jump Combo</b>	<b>Upright Spin with one change of foot</b> Min 3 revs on each foot	<b>Sit Spin</b> Min 4 rev	<b>Camel Spin</b> Min 4 rev	<b>RFO Spiral</b> Executed without assistance <b>LFO Spiral</b> Executed without assistance	<b>Straight Line Step Sequence</b> half the ice surface include three turns & mohawks on both feet
<b>PRE-PRIMARY</b> 2:00 +/- 10 secs	<b>Single Axel</b>	<b>Single Loop + Single Loop Combo</b>	<b>Single Lutz + Single Loop Combo</b>	<b>Camel/Sit Spin Combo</b> Min 6 rev in total	<b>Sit Spin with one chg of foot</b> Min 3 revs on each foot	<b>Flying Camel Spin</b> Min 4 rev	<b>Spiral Sequence</b> Comprising forward and backward spirals on both feet	<b>Circular Step Sequence</b> Include three turns & mohawks on both feet
<b>PRIMARY</b> 2:50 max.	<b>Single Axel</b>	<b>Double Jump</b> Immediately preceded by connecting steps	<b>Jump Combination</b> Single/Double or Double/Double	<b>Flying Spin</b> No Chg Foot, No Chg Posn Min 8 rev	<b>Spin in One Posn</b> No Flying Entry, No Chg Foot Min 8 rev	<b>Spin Combination</b> 1 change of foot and at least 1 change of posn, No Flying Entry Min 6 rev on each foot	<b>Ladies: Spiral Sequence</b> Min 3 spiral positions, 1 change of foot	<b>Men: Step Sequence</b> Straight line, circular, or serpentine
<b>NOVICE LADIES</b> 2:50 max.	<b>Single Axel</b>	<b>Double Jump</b> Immediately preceded by connecting steps	<b>Jump Combination</b> Double/Double	<b>Flying Spin</b> No Chg Foot, No Chg Posn Min 8 rev	<b>Layback or Sideways Leaning, Spin</b> No Flying Entry Min 8 rev	<b>Spin Combination</b> 1 change of foot and at least 2 changes of posn, No Flying Entry Min 6 rev on each foot	<b>Spiral Sequence</b> Min 3 spiral positions, 1 change of foot	<b>Step Sequence</b> Straight line, circular, or serpentine
<b>NOVICE MEN</b> 2:50 max.	<b>Single Axel</b>	<b>Double Jump</b> Immediately preceded by connecting steps	<b>Jump Combination</b> Double/Double	<b>Flying Spin</b> No Chg Foot, No Chg Posn Min 8 rev	<b>Spin in One Posn</b> No Flying Entry, No Chg Foot Min 8 rev	<b>Spin Combination</b> 1 change of foot and at least 2 changes of posn, No Flying Entry Min 6 rev on each foot		<b>2 Step Sequences of a different nature</b> Straight line, circular, or serpentine
<b>JUNIOR LADIES</b> 2:50 max.	<b>Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps	<b>Jump Combination</b> Double/Double Double/Triple Triple/Double Triple/Triple	<b>Flying Spin</b> Min 8 rev	<b>Layback or Sideways Leaning, Spin</b> Min 8 rev	<b>Spin Combination</b> 1 change of foot and at least 2 changes of posn, No Flying Entry Min 6 rev on each foot	<b>Spiral Sequence</b> Min 3 spiral positions, 1 change of foot	<b>Step Sequence</b> Straight line, circular, or serpentine
<b>JUNIOR MEN</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps	<b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple	<b>Flying Spin</b> Min 8 rev	<b>Spin in one posn</b> 1 change of foot Min 6 rev on each foot	<b>Spin Combination</b> 1 change of foot and at least 2 changes of posn, No Flying Entry Min 6 rev on each foot		<b>2 Step Sequences of a different nature</b> Straight line, circular, or serpentine
<b>SENIOR LADIES</b> 2:50 max.	<b>Double Axel</b>	<b>Triple Jump</b> Immediately preceded by connecting	<b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple	<b>Flying Spin</b> Min 8 rev	<b>Layback or Sideways Leaning, Spin</b> Min 8 rev	<b>Spin Combination</b> 1 change of foot and at least 2 changes of posn, No Flying Entry Min 6 rev on each foot	<b>Spiral Sequence</b> Min 3 spiral positions, 1 change of foot	<b>Step Sequence</b> Straight line, circular, or serpentine
<b>SENIOR MEN</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Any Triple or Quad Jump</b> Immediately preceded by connecting steps	<b>Jump Combination</b> Double/Triple Triple/Double Triple/Triple Quad/Double Quad/Triple	<b>Flying Spin</b> Min 8 rev	<b>Camel or Sit Spin</b> 1 change of foot Min 6 rev. on each foot	<b>Spin Combination</b> 1 change of foot and at least 2 changes of posn, No Flying Entry Min 6 rev on each foot		<b>2 Step Sequences of a different nature</b> Straight line, circular, or serpentine