

# ÍSS-Club Categories 2019-2020

To compete in club competitions the skaters need to have finished the following in "Skate the Rainbow"

Categories + program length Age as of July 1st	Jumps Max 2 compiantions/sequence All jumps can be repeted once	Spins Revolutions in position	Choreographic Sequence / Step Sequence	Program Components	Skautum regnbogann Minimum requirements
6 years & younger 1:30 mín +/- 10 sec	<b>Max. 3 jumps</b> 1S OR 1T (Waltz jump is allowed)	<b>Max. 1 spin</b> (min. 2 rev.)	<b>1 Step Sequence (StSq)</b> at least half the ice surface	<b><u>Skating Skills</u></b> <b><u>Performance</u></b>	Orange Skate
8 years & younger 1:30 min +/- 10 sec	<b>Max. 3 jumps</b> 1S OR 1T (Waltz jump is allowed)	<b>Max. 1 spin</b> (min. 3 rev.)	<b>1 Step Sequence (StSq)</b> At least half the ice surface min. 2 <u>diffirent</u> steps*	<b><u>Skating Skills</u></b> <b><u>Performance</u></b>	Oragne Skate
10 years & younger 2:00 min +/- 10 sec	<b>Max. 4 jumps</b> 1S OR 1T (Waltz jump is allowed)	<b>Max. 2 spins</b> (min. 3 rev.)	<b>1 Step Sequence (StSq)</b> All ice surface utilized min. 2 <u>diffirent</u> steps*	<b><u>Skating Skills</u></b> <b><u>Performance</u></b>	Blue Skate
12 years & younger 2:00 min +/- 10 sec	<b>Max. 4 jumps</b> 1S OR 1T	<b>Max. 2 spins</b> (min. 3 rev.)	<b>1 Step Sequence (StSq)</b> All ice surface utilized min. 2 <u>diffirent</u> steps*	<b><u>Skating Skills</u></b> <b><u>Performance</u></b> <b><u>Interpretation</u></b>	Purple Skate
15 years & younger 2:30 min +/- 10 sec	<b>Max. 4 jumps</b> 1Lo OR 1F	<b>Max. 2 spins</b> (min. 3 rev.)	<b>1 Choreo. Sequence (ChSq)</b> <b>1 Step Sequence (Stsq)</b> Min. 2 <u>diffirent</u> steps*	<b><u>Skating Skills</u></b> <b><u>Performance</u></b> <b><u>Interpretation</u></b>	White Skate
17 years & younger 2:30 min +/- 10 sec	<b>Max. 4 jumps</b> 1Lo OR 1F	<b>Max. 2 spins</b> (min. 3 rev)	<b>1 Choreo. Sequence (ChSq)</b> <b>1 Step Sequence (Stsq)</b> Min. 2 <u>diffirent</u> steps*	<b><u>Skating Skills</u></b> <b><u>Performance</u></b> <b><u>Interpretation</u></b>	White Skate
18 years & older 2:30 min +/- 10 sec	<b>Max. 4 jumps</b> 1Lz	<b>Max. 2 spins</b> (min 3 rev.)	<b>1 Choreo. Sequence (ChSq)</b> <b>1 Step Sequence (Stsq)</b> Min. 2 <u>diffirent</u> steps*	<b><u>Skating Skills</u></b> <b><u>Performance</u></b> <b><u>Interpretation</u></b>	White Skate

## Jumps

- Maximum number of jump elements is stated as MAX X amount of jumps
- The skater can only include 2 jump combinations or sequences in a program. Jump combinations can only include 2 jumps
- A jump can only be repeated in a combination or sequence
- In categories 6-,8- and 10 years and younger a Waltz jump is considered a jump element
- Deductions are not given for a fall in jump elements, but a fall does affect the judges score

## Spins

- Maximum number of spins is stated as MAX X amount of spins
- Min. X rev. Means that X revolutions in position must be presented (CSp, SSp, Usp, Non basic and all other variations of basic positions) If a skater is not able to hold the position it will affect the judges score
- 2 different spins must be performed when „max 2 spins“ is stated

## Steps

- Judged by quality and performance (ATT. No levels are given)
- A Step Sequence needs to utilize the whole ice surface except in categories 6- and 8 years and younger (straight line, circle, serpentine)
- \*The skater must perform at least 2 different steps (except 6 years and younger). See definition of steps.

<b>Definition of Turns and Steps</b>	Turns: twizzles, brackets, loops, counters, rockers, three turns. Steps: toe steps, chasses, mohawks, choctaws. change of edge, cross rolls.
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## Choreographic Sequence

- According to the ISU definition, that is it must be clearly visible.
- Must include at least on spiral.