

ÍSS Competition Categories 2021-2022

Categories + music length ISU rules apply Age as of July 1st	Jumps ISU rules apply *A repeated jump must be in a combination or a sequence. Each jump can only be repeated once	Spins ISU rules apply * Of different nature (different abbreviation)	Sequences ISU rules apply except for Chicks and Cubs (see changes below)	Program Components / Levels
Chicks (8 years & younger) 2:00 min +/- 10 sec	Max. 4 jump elements* Max 2 combos/sequences	Max. 2 spins* (min. 3 revolutions)	1 Step Sequence (StSq)	Skating Skills Performance Max Level 2
Cubs (10 years & younger) 2:00 min +/- 10 sec	Max 4 jump elements* Max 2 combos/sequences	Max. 2 spins* (min. 3 revolutions)	1 Step Sequence (StSq)	Skating Skills Performance Max Level 2
Intermediate Women/Men (15 years & older) 3:00 min +/- 10 sec	Max 5 jump elements At least one must be an axel type Max 2 combos/sequences (one can include 3 jumps) Each jump can only be repeated once	Max 2 spins* (minimum 6 revolutions with no change of foot, minimum 8 revolutions with change of foot)	1 Step Sequence (StSq) and 1 Choreographic Sequence (ChSq)	Skating Skills Transitions Performance Composition Interpretation Max Level 4
<p>Basic Novice, Intermediate Novice, Advanced Novice – See ISU Rules, Communication 2396 Junior and Senior – See ISU Rules, Rule 611 and Rule 612 Junior - See ISU Rules, Communication 2382</p>				

Bonus Points:

Basic Novice: 2Lz, 2F and 2Lo in the same program (fully rotated on the correct edge) give 1 point. 2A (can be <) gives 2 points.

Advanced Novice: 2A (fully rotated) / 3x (can be <) gives 2 points.

Junior: 3x (can be <) gives 2 points.

All Categories: Bonus points are given a maximum of two (2) times per program.

If a skater completes the requirements for bonuses more than twice (2) in a program the completed elements which give the highest bonus points will be awarded.

Warm up times according to ÍSS Competition Handbook (Mótahandbók).

In all categories music should not include lyrics that are inappropriate for a sports competition and the age of the skater

Program Components and Level Explanations

Categories

Chicks (8 years and younger) and Cubs (10 years and younger) receive marks for:

- Skating Skills
- Performance

The factor of the program components is **2.5**.

Levels explanations: In all elements that are subject to levels, only features up to **Level 2** will be counted. Any additional features will not be counted for Level requirements and will be ignored by the Technical Panel.

The following changes will be made to the levels of step sequences in these categories:

Abbreviation	Requirements	Base value
StSqB1	ISU requirements for StSqB	1.00 (each GOE will add/remove 0.10 points)
StSqB2	Five clean difficult or easy* turns/steps.	1.40 (each GOE will add/remove 0.14 points)
StSqB3	Five clean difficult or easy* turns/steps. At least three of them need to be difficult.	1.60 (each GOE will add/remove 0.16 points)

*List of easy turns/steps that can be counted: Three turns, Mohawks.

StSqB will not be called. StSq1 and StSq2 will have regular ISU requirements.

All other matters are according to ISU Communication [2328](#)

Intermediate Women/Men (15 years and older) receive marks for:

- Skating Skills
- Transitions
- Performance
- Composition
- Interpretation of the music

The factor of the program components is **1.3**.

Levels explanations: In all elements that are subject to levels, features up to **Level 4** will be counted.

No half time bonus will be given.

All other matters are according to ISU Junior Rules (Special Regulations and Technical Rules)