

Keppnisflokkar félaganna 2022-2023 (English)

Category + music length Age as of July 1st	Jumps Max 2 jumps combinations/ sequences. All jumps can be repeated once	Spins Total amount of revolution does not need to be in position	<u>Spiral sequence/</u> Choreo sequence/ Step sequence	Program components	Skate the Rainbow requirements <u>Skater needs to have completed the following skate</u>
6 years & younger 1:30 min +/- 10 sec	Max. 3 jumps Waltz jump is allowed	Max. 1 spin Min. 2 revolutions	1 Spiral sequence (SpSq) Min. two spirals, at least one has to be held for at least two (2) seconds on edge	Skating skills Performance	Orange skate
8 years & younger 1:30 min +/- 10 sec	Max. 3 jumps Waltz jump is allowed	Max. 1 spin Min. 3 revolutions	1 Spiral sequence (SpSq) Min. two spirals, at least one has to be held for at least two (2) seconds on edge	Skating skills Performance	Orange skate
10 years & younger 2:00 min +/- 10 sec	Max. 4 jumps Waltz jump is allowed	Max. 2 spins Min. 3 revolutions	1 Spiral sequence (SpSq) Min. two spirals, at least one has to be held for at least three (3) seconds on edge	Skating skills Performance	Blue skate
12 years & younger 2:00 mín +/- 10 sek	Max. 4 jumps	Max. 2 spins Min. 3 revolutions <u>Need to be of different kind</u>	1 Spiral sequence (SpSq) Min. two spirals, at least one has to be held for at least three (3) seconds on edge	Skating skills Performance Interpretation	Purple skate
14 years & younger 2:30 mín +/- 10 sek	Max. 4 jumps	Max. 2 spins Min. 3 revolutions <u>Need to be of different kind</u>	1 Choreo sequence (ChSq) 1 Step sequence (StSq) Min. 2 different steps*	Skating skills Performance Interpretation	White skate
15 years og older 2:30 mín +/- 10 sek	Max. 4 jumps	Max. 2 spins Min. 3 revolutions <u>Need to be of different kind</u>	1 Choreo sequence (ChSq) 1 Step sequence (StSq) Min. 2 different steps*	Skating skills Performance Interpretation	White skate
25 years & older <u>2:30 mín +/- 10 sek</u>	Max. 4 jumps Waltz jump is allowed	Max. 2 spins Min 3 revolutions <u>Need to be of different kind</u>	1 Choreo sequence (ChSq) 1 Step sequence (StSq) Min. 2 different steps*	Skating skills Performance Interpretation	Orange skate

Warm up time in all categories is the double amount of the program time

<p>Jumps</p> <ul style="list-style-type: none"> • The maximum amount of jumps is defined as Max X jumps • The skater may only have 2 jump combinations or sequences in a program. Jump combinations/sequences may maximum include 2 jumps • Jumps that are repeated must be repeated in a jump combination or a jump sequence • In categories 6, 8 og 10 years <u>and younger and category 25 years and older</u>, Waltz jump is allowed as a jump • No minuses are given for falls in jumps, but the fall does affect the score of the judges 	<p>Spins</p> <ul style="list-style-type: none"> • Maximum amount of spins in a program is defined as Max X <u>spins</u> • 2 different spins (<u>different abbreviations</u>) need to be executed where it says Max 2 spins 		
<p><u>Spiral sequence</u></p> <ul style="list-style-type: none"> • Need to include at least two (2) spirals • At least one spiral needs to be executed on edge in position according to the time length defined above (2 sec for 6 and 8 years and younger and 3 sec for 10 and 12 years and younger) • Definition of position: Every position where the skating leg is straight or almost straight and where the knee and heel of the free leg is above waist level 	<p><u>Step sequence</u></p> <ul style="list-style-type: none"> • Judged according to quality and performance (NOTE not possible to achieve levels)) • The steps need to fully utilize the ice resurface in all categories except for 6 and 8 years and younger • * The skater needs to show at least 2 different steps. See definition of steps and turns below: <table border="1" data-bbox="1133 911 2029 1007"> <tr> <td data-bbox="1133 911 1341 1007">Definition of Turns and Steps</td> <td data-bbox="1341 911 2029 1007">Turns: twizzles, brackets, loops, counters, rockers, three turns Steps: toe steps, chasses, mohawks, Choctaws, change of edge, cross rolls</td> </tr> </table>	Definition of Turns and Steps	Turns: twizzles, brackets, loops, counters, rockers, three turns Steps: toe steps, chasses, mohawks, Choctaws, change of edge, cross rolls
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<p><u>Choreo sequence</u></p> <ul style="list-style-type: none"> • According to ISU definition, i.e. needs to be clearly visible • Needs to include at least one spiral • Choreo sequence is an artistic element. They should be executed in accordance with the music, fit into the overall picture of the program and interpret the music. 	<p><u>Reductions</u></p> <p>Program time: Reduction of one (-1) point from total score for each 5 seconds additional to the maximum program length. Maximum reduction is, however, 4 (-4) points.</p>		

Í öllum flokkum skal tónlist, texti og búningur vera við hæfi íþróttakeppni. Tekið skal mið af aldri og þroska keppenda.