

Keppnisflokkar félaganna 2023-2024 (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	Spiral sequence/ Choreo sequence/ Step sequence	Program components	Skate the Rainbow requirements Skater needs to have completed the following skate
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	<u>Composition</u> <u>Presentation</u> <u>Skating Skills</u>	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	<u>Composition</u> <u>Presentation</u> <u>Skating Skills</u>	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	<u>Composition</u> <u>Presentation</u> <u>Skating Skills</u>	Blue skate
12 years & younger 2:00 mín +/- 10 sek	Max. 4 jumps	Max. 2 spins Min. 3 revolutions Must be of a different nature	1 Spiral sequence (SpSq) Min. two spirals, at least one has to be held for at least three (3) seconds on edge	<u>Composition</u> <u>Presentation</u> <u>Skating Skills</u>	Purple skate
14 years & younger 2:30 mín +/- 10 sek	Max. 4 jumps	Max. 2 spins Min. 3 revolutions Must be of a different nature	1 Choreo sequence (ChSq) 1 Step sequence (StSq) Min. 2 different steps*	<u>Composition</u> <u>Presentation</u> <u>Skating Skills</u>	White skate
15 years og older 2:30 mín +/- 10 sek	Max. 4 jumps	Max. 2 spins Min. 3 revolutions Must be of a different nature	1 Choreo sequence (ChSq) 1 Step sequence (StSq) Min. 2 different steps*	<u>Composition</u> <u>Presentation</u> <u>Skating Skills</u>	White skate
25 years & older 2:30 mín +/- 10 sek	Max. 4 jumps Waltz jump is allowed	Max. 2 spins Min 3 revolutions Must be of a different nature	1 Choreo sequence (ChSq) 1 Step sequence (StSq) Min. 2 different steps*	<u>Composition</u> <u>Presentation</u> <u>Skating Skills</u>	Orange skate

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

Jumps

- 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 and younger and category 25 years and older, 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

Spins

- Maximum amount of spins in a program is defined as Max **X** spins
- 2 different spins (different abbreviations) need to be executed where it says Max 2 spins

Spiral sequence

- 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

Step sequence

- 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:

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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Choreo sequence

- According to ISU definition, i.e. needs to be clearly visible and include two different movements.
- 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.

Reductions

- 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.

In all categories, music, lyrics and costume must be appropriate for a sports competition. The age and maturity of the skater must be taken into account.