

ÍSS Competition Categories 2025-2026

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
Chicks 8 years & younger 2:00 min +/- 10 sec Warm up: 4 minutes	Max. 4 jump elements* Max 2 combos/sequences (can include max 2 jumps)	Max. 2 spins* Min. 3 revolutions Max Level 2	1 Step sequence (StSq) Max Level 2	Composition Presentation Skating Skills
Cubs 10 years & younger 2:00 min +/- 10 sec Warm up: 4 minutes	Max 4 jump elements* Max 2 combos/sequences (can include max 2 jumps)	Max. 2 spins* Min. 3 revolutions Max Level 2	1 Step sequence (StSq) Max Level 2	Composition Presentation Skating Skills
Intermediate Women/Men 15 years & older 3:00 min +/- 10 sec Warm up: 5 minutes	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 Max Level 4	1 Step sequence (StSq) Max Level 4 and 1 Choreographic sequence (ChSq)	Composition Presentation Skating Skills
<p>Basic Novice, Intermediate Novice, Advanced Novice follow ISU rules except for bonuses (see below) – See ISU Rules, Communication 2699</p> <p>Advanced Novice: A further change to the ISU rules is that 2A is required instead of 1A in short program</p> <p>Junior and Senior singles – See ISU Rules, Rule 611 and 612</p> <p>Junior and Senior pairs – See ISU Rules, Rule 620 and 621</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 < or q) gives 2 points.

Advanced Novice: 2A (fully rotated, not a fall in Short Program) / 3x (can be < or q) gives 2 points.

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

All categories above: 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. Bonus points will appear on the Judges scores as an element, Bonus1 for a bonus element that gives 1 point and Bonus2 for a bonus element that gives 2 points. Falls do not affect bonus points (except for 2A in Advanced Novice, Short Program). Invalid elements (marked with *) do not count toward bonuses.

Program Components and Level Explanations

Chicks (8 years and younger) and Cubs (10 years and younger)

The factor of the program components is **1.67**.

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	At least five clean easy turns/steps*.	1.40 (each GOE will add/remove 0.14 points)
StSqB3	At least five clean easy turns/steps* and at least three clean difficult turns/steps.	1.60 (each GOE will add/remove 0.16 points)

*List of easy turns/steps that can be counted: Three turns, mohawks, cross rolls (outside to outside).

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

Warm up times according to Mótahandbók. All other matters are according to ISU Communication [2699](#).

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

The factor of the program components is **1.7**.

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)~~, Novice Rules (ISU Communication [2699](#)).

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.