

# ÍSS Club Categories 2020-2021

To compete in club competitions the skaters must 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	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><u>1 Spiral Sequence (SpSq)</u></b> <u>At least two spirals</u> <u>One spiral must be held for a minimum of two(2) sec. on an edge</u>	<b>Skating Skills Performance</b>	<b>Orange Skate</b>
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><u>1 Spiral Sequence (SpSq)</u></b> <u>At least two spirals</u> <u>One spiral must be held for a minimum of two(2) sec. on an edge</u>	<b>Skating Skills Performance</b>	<b>Oragne Skate</b>
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><u>1 Spiral Sequence (SpSq)</u></b> <u>At least two spirals</u> <u>One spiral must be held for a minimum of three(3) sec. on an edge</u>	<b>Skating Skills Performance</b>	<b>Blue Skate</b>
12 years & younger 2:00 min +/- 10 sec	<b>Max. 4 jumps</b> <u>1Lo OR 1F</u>	<b>Max. 2 spins</b> (min. 3 rev.)	<b><u>1 Spiral Sequence (SpSq)</u></b> <u>At least two spirals</u> <u>One spiral must be held for a minimum of three(3) sec. on an edge</u>	<b>Skating Skills Performance Interpretation</b>	<b>Purple Skate</b>
<u>14 years &amp; younger</u> 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 different steps*	<b>Skating Skills Performance Interpretation</b>	White Skate

<b><u>15 years &amp; older</u></b> 2:30 min +/- 10 sec	<b>Max. 4 jumps</b> <u>1Lz</u>	<b>Max. 2 spins</b> (min. 3 rev.)	<b>1 Choreo. Sequence (ChSq)</b> <b>1 Step Sequence (StSq)</b> Min. 2 different steps*	<b>Skating Skills</b> <b>Performance</b> <b>Interpretation</b>	White Skate
<b><u>25 years &amp; older</u></b> 2:30 min +/- 10 sec	<b>Max. 4 jumps</b> (Waltz jump is allowed)	<b>Max. 2 spins</b> <u>(min 3 rev.)</u>	<b><u>1 Choreo. Sequence (ChSq)</u></b> <b><u>1 Step Sequence (StSq)</u></b> <b><u>Min. 2 different steps*</u></b>	<b><u>Skating Skills</u></b> <b><u>Performance</u></b> <b><u>Interpretation</u></b>	<u>Orange Skate</u>

Warm up times are double the program time (see ÍSS Competition Handbook)

### 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
- 2 different spins must be performed when „max 2 spins“ is stated

### Spiral Sequences

- Must include at least two spirals
- At least one spiral must be held on an edge and in position according to time stated for each category (2 sec. for 6 and 8 year olds, 3 sec. for 10 and 12 year olds)
- Definition of position: A position where the standing leg is straight or almost straight and the knee and heel of the free leg is above the hip.

### 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.
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- Choreographic Sequences are an artistic element. They should be performed to the music, fit the overall structure of the program and interpret the music in a skillful way.

### **Deductions**

- Time: One (-1) point is deducted from the total points for each 5 seconds over the allowed program time. Deductions will never exceed four (-4) points.

**In all categories music and lyrics should fit a sport competition. Age and maturity of the skaters should be taken into account.**