

ÍSS Club Categories 2021-2022

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	Max. 3 jumps (Waltz jump is allowed)	Max. 1 spin (min. 2 rev.)	1 Spiral Sequence (SpSq) At least two spirals One spiral must be held for a minimum of two(2) sec. on an 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 rev.)	1 Spiral Sequence (SpSq) At least two spirals One spiral must be held for a minimum of two(2) sec. on an edge	Skating Skills Performance	Oragne Skate
10 years & younger 2:00 min +/- 10 sec	Max. 4 jumps (Waltz jump is allowed)	Max. 2 spins (min. 3 rev.)	1 Spiral Sequence (SpSq) At least two spirals One spiral must be held for a minimum of three(3) sec. on an edge	Skating Skills Performance	Blue Skate
12 years & younger 2:00 min +/- 10 sec	Max. 4 jumps	Max. 2 spins (min. 3 rev.)	1 Spiral Sequence (SpSq) At least two spirals One spiral must be held for a minimum of three(3) sec. on an edge	Skating Skills Performance Interpretation	Purple Skate
14 years & younger 2:30 min +/- 10 sec	Max. 4 jumps	Max. 2 spins (min. 3 rev.)	1 Choreo. Sequence (ChSq) 1 Step Sequence (StSq) Min. 2 different steps*	Skating Skills Performance Interpretation	White Skate

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

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

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

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 old, 3 sec. for 10 and 12 year old)
- 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.

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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Choreographic Sequence

- According to the ISU definition, that is it must be clearly visible.
- Must include at least one spiral.
- 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.