

# Keppnisflokkar félaganna 2024-2025 (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
<b>6 years &amp; younger</b> 1:30 min +/- 10 sec	<b>Max. 3 jumps</b> Waltz jump is allowed	<b>Max. 1 spin</b> Min. 2 revolutions	<b>1 Spiral sequence (SpSq)</b> Min. two spirals, at least one has to be held for at least two (2) seconds on edge	<b>Composition</b> <b>Presentation</b> <b>Skating Skills</b>	Orange skate
<b>8 years &amp; younger</b> 1:30 min +/- 10 sec	<b>Max. 3 jumps</b> Waltz jump is allowed	<b>Max. 1 spin</b> Min. 3 revolutions	<b>1 Spiral sequence (SpSq)</b> Min. two spirals, at least one has to be held for at least two (2) seconds on edge	<b>Composition</b> <b>Presentation</b> <b>Skating Skills</b>	Orange skate
<b>10 years &amp; younger</b> 2:00 min +/- 10 sec	<b>Max. 4 jumps</b> Waltz jump is allowed	<b>Max. 2 spins</b> Min. 3 revolutions	<b>1 Spiral sequence (SpSq)</b> Min. two spirals, at least one has to be held for at least three (3) seconds on edge	<b>Composition</b> <b>Presentation</b> <b>Skating Skills</b>	Blue skate
<b>12 years &amp; younger</b> 2:00 mín +/- 10 sek	<b>Max. 4 jumps</b>	<b>Max. 2 spins</b> Min. 3 revolutions Must be of a different nature	<b>1 Spiral sequence (SpSq)</b> Min. two spirals, at least one has to be held for at least three (3) seconds on edge	<b>Composition</b> <b>Presentation</b> <b>Skating Skills</b>	Purple skate
<b>14 years &amp; younger</b> 2:30 mín +/- 10 sek	<b>Max. 4 jumps</b>	<b>Max. 2 spins</b> Min. 3 revolutions Must be of a different nature	<b>1 Choreo sequence (ChSq)</b> <b>1 Step sequence (StSq)</b> Min. 2 different steps*	<b>Composition</b> <b>Presentation</b> <b>Skating Skills</b>	White skate
<b>15 years og older</b> 2:30 mín +/- 10 sek	<b>Max. 4 jumps</b>	<b>Max. 2 spins</b> Min. 3 revolutions Must be of a different nature	<b>1 Choreo sequence (ChSq)</b> <b>1 Step sequence (StSq)</b> Min. 2 different steps*	<b>Composition</b> <b>Presentation</b> <b>Skating Skills</b>	White skate
<b>25 years &amp; older</b> 2:30 mín +/- 10 sek	<b>Max. 4 jumps</b> Waltz jump is allowed	<b>Max. 2 spins</b> Min 3 revolutions Must be of a different nature	<b>1 Choreo sequence (ChSq)</b> <b>1 Step sequence (StSq)</b> Min. 2 different steps*	<b>Composition</b> <b>Presentation</b> <b>Skating Skills</b>	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:

<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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### **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.**