

## National Recreational Competitions – Single Skating

Category	Age on July 1st Warmup 3 min	Elements Jumps	Spins	Choreo	Judging
<b>Twinkle stars</b>  <b>1 min 30 sec</b> <b>+/- 10 sec</b>	<b>Group A</b> - younger than 8 year <b>Group B</b> - 8 year and younger than 12 year <b>Group C</b> - 12 year and younger than 16 year <b>Group D – Young Adults</b> - 16 year and younger than 26 year <b>Group E - Adults</b> - 26 year and older	Max. 3 jumps up to level Flip - No jump combination	Max 2 spins with a minimum of 3 rotations: - 1 creative spin - 1 spin on 1 foot or 2 feet	- Choreo sequence	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills
<b>Rising stars</b>  <b>2 min</b> <b>+/- 10 sec</b>	<b>Group A</b> - younger than 8 year <b>Group B</b> - 8 year and younger than 12 year <b>Group C</b> - 12 year and younger than 16 year <b>Group D – Young Adults</b> - 16 year and younger than 26 year <b>Group E - Adults</b> - 26 year and older	Max. 3 jumps up to level Flip: - max 2 single Jumps - max 1 jump combination	Max 2 spins with a minimum of 4 rotation: - 1 creative spin - 1 basic spin	- Choreo sequence + zweefstand van 3 sec or step sequence	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills
<b>Super stars</b>  <b>2 min</b> <b>+/- 10 sec</b>	<b>Group A</b> - younger than 8 year <b>Group B</b> - 8 year and younger than 12 year <b>Group C</b> - 12 year and younger than 16 year <b>Group D – Young Adults</b> - 16 year and younger than 26 year <b>Group E - Adults</b> - 26 year and older	Max. 4 jumps up to level Lutz: -max 3 single jumps -max 1 jump combination	Max 2 spins with a minimum of 5 rotations: - 1 basic spin - 1 combination spin	- Step sequence	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills

Category	Age on July 1st Warmup 3 min	Elements Jumps	Spins	Choreo	Judging
<b>Master stars</b>  <b>1 min 50 up to 2 min 30 +/- 10 sec</b>	<b>Group D – Young Adults</b> - 16 year and younger than 26 year <b>Group E - Adults</b> - 26 year and older	Max. 4 jumps: - max 3 single/double/triple jumps - max 1 jump combination (single/double/triple)	- Max 2 spins with a minimum of 5 rotations: - 1 basic spin - 1 combination spin	- Step sequence	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills
<b><u>Pré-competitief</u></b>  Obtained Competition Level Test  <b>2 min +/- 10 sec</b>	<b>Group A</b> - younger than 8 year <b>Group B</b> - 8 year and younger than 12 year <b>Group C</b> - 12 year and younger than 16 year	Max. 4 jumps up to level Lutzl: - 3 single jumps - 1 jump combination	- Max 2 spins with a minimum of 6 rotations: - 1 basic spin - 1 combination spin	- Step sequence	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills

## National Recreational Competitions – Duo’s

Category	Age on July 1st	Elements Jumps	Pirouetten	Choreo	Judging
<b>Group A</b>	Younger than 16 year	Free	Free	Free	<ol style="list-style-type: none"> <li>1. Expression</li> <li>2. Choreography</li> <li>3. Transitionans</li> <li>4. Use of the space</li> <li>5. Skating Skills</li> </ol>
<b>Group B</b>	16 year and older	Free	Free	Free	<ol style="list-style-type: none"> <li>1. Expression</li> <li>2. Choreography</li> <li>3. Transitionans</li> <li>4. Use of the space</li> <li>5. Skating Skills</li> </ol>

The age is determined by adding up the skating age of the 2 skaters and dividing by 2.