

National Recreational Competitions -Single Skating

Category	Age on July 1st Warm up 3 min	Elements Jumps	Spins	Choreo	Judging
Twinkle Stars 2 min +/- 10 sec	Group A (< 8 year) Group B (8 year and < 12 year) Group C (12 year and < 16 year)	3 jumps up to ToeLoop No jump combinations no Axel, double or triple jumps	2 spins with min 3 rotations - 1 creative spin - 1 spin on 1 foot or 2 feet	Choreo Sequence	1 Expression (10pt) 2 Choreography (10pt) 3 Elements (5pt) 4 Skating skills (5pt)
Rising Stars 2 min +/- 10 sec	Group A (< 8 year) Group B (8 year and < 12 year) Group C (12 year and < 16 year)	2 single jumps up to Flip 1 Flip mandatory 1 jump combination up to Flip no Axel, double or triple jumps	2 spins with min 4 rotations - 1 creative spin - 1 basic spin	Choreo Sequence + zweefstand van 3 sec or step sequence	1 Expression (10pt) 2 Choreography (10pt) 3 Elements (5pt) 4 Skating skills (5pt)
Super Stars 2 min +/- 10 sec	Group A (< 8 year) Group B (8 year and < 12 year) Group C (12 year and < 16 year)	3 single jumps up to Lutz 1 Lutz mandatory 1 jump combination up to Lutz no Axel, double or triple jumps	2 spins with min 5 rotations - 1 basic spin - 1 combination spin	Step sequence	1 Expression (10pt) 2 Choreography (10pt) 3 Elements (5pt) 4 Skating skills (5pt)
Master Stars 2 min +/- 10 sec	Group A (< 16 year) Group B (16 year and older)	3 jumps 1 Lutz, Axel, double or triple jump mandatory 1 jump combination Axel, double and triple jumps allowed	2 spins with min 6 rotations - 1 basic spin - 1 combination spin	Step or Choreo Sequence	1 Expression (10pt) 2 Choreography (10pt) 3 Elements (5pt) 4 Skating skills (5pt)
Pre Competitive (obtained CLT) 2 min +/- 10 sec	Group A (< 16 year) Group B (16 year and older)	3 single jumps 1 jump combination	2 spins with min 6 rotations - 1 basic spin - 1 combination spin	Step sequence	1 Expression (10pt) 2 Choreography (10pt) 3 Elements (5pt) 4 Skating skills (5pt)

National Recreational Competitions - Adult Single Skating

Category	Age on July 1st Warm up 3 min	Elements Jumps	Spins	Choreo	Judging
Recreative Adult 2 min +/- 10 sec	Pre Adults (< 21 year) Young Adult (21 year and < 28 year) Adult (+ 28 year)	3 single jumps up to Lutz 1 jump combination up to Lutz no double or triple jumps	2 spins with min 5 rotations - 1 basic spin - 1 combination spin	Step or Choreo Sequence	1 Expression (10pt) 2 Choreography (10pt) 3 Elements (5pt) 4 Skating skills (5pt)
Artistic Adult 1:30 min +/- 10 sec	Pre Adults (< 21 year) Young Adult (21 year and < 28 year) Adult (+ 28 year)	1 or 2 single jumps no Axel, double or triple jumps	1 or 2 spins with min 4 rotations	Step or Choreo Sequence	1 Expression (10pt) 2 Choreography (10pt) 3 Elements (5pt) 4 Skating skills (5pt)

National Recreational Competitions - Duo's/Ice Dance/Pair Skating

Category	Age on July 1st Warm up 3 min	Elements Jumps	Spins	Choreo	Judging
Group A 2 min +/- 10 sec	Younger than 16 year	Free	Free	Free	1 Expression (10pt) 2 Choreography (10pt)
Group B 2 min +/- 10 sec	16 year and older	Free	Free	Free	1 Expression (10pt) 2 Choreography (10pt)

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

National Recreational Competitions - Showteam

Category	Warm up 6 min	Elements Jumps	Spins	Choreo	Judging
Small 6 min +/- 10 sec	3 up to 8 skaters	Free	Free	Free	1 Expression (10pt) 2 Choreography (10pt)
Medium 6 min +/- 10 sec	9 up to 16 skaters	Free	Free	Free	1 Expression (10pt) 2 Choreography (10pt)
Large 6 min +/- 10 sec	more than 16 skaters	Free	Free	Free	1 Expression (10pt) 2 Choreography (10pt)