

National Recreational Competitions – Single Skating

Category	Age on July 1st Warmup 3 min	Elements Jumps	Spins	Choreo	Judging
Twinkle stars 1 min 30 sec +/- 10 sec	Group A - younger than 8 year Group B - 8 year and younger than 12 year Group C - 12 year and younger than 16 year Group D – Young Adults - 16 year and younger than 26 year Group E - Adults - 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
Rising stars 2 min +/- 10 sec	Group A - younger than 8 year Group B - 8 year and younger than 12 year Group C - 12 year and younger than 16 year Group D – Young Adults - 16 year and younger than 26 year Group E - Adults - 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
Super stars 2 min +/- 10 sec	Group A - younger than 8 year Group B - 8 year and younger than 12 year Group C - 12 year and younger than 16 year Group D – Young Adults - 16 year and younger than 26 year Group E - Adults - 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
Master stars 1 min 50 up to 2 min 30 +/- 10 sec	Group D – Young Adults - 16 year and younger than 26 year Group E - Adults - 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
<u>Pré-competitief</u> Obtained Competition Level Test 2 min +/- 10 sec	Group A - younger than 8 year Group B - 8 year and younger than 12 year Group C - 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/Ice Dance/Pair Skating

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

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

National Recreational Competitions – Showteam

Category	Age on July 1st	Elements Jumps	Spins	Choreo	Judging
Small Max 6 min +/- 10 sec	- 3 up to 8 skaters	Free	Free	Free	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills
Medium Max 6 min +/- 10 sec	- 9 up to 16 skaters	Free	Free	Free	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills
Large Max 6 min +/- 10 sec	- more than 16 skaters	Free	Free	Free	1. Expression 2. Choreography 3. Transitionans 4. Use of the space 5. Skating Skills

Attributes must be placed on the ice within 1 min 30 sec.

After the program, attributes must be removed from the ice within 1 min 30 sec.