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	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	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	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
<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	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.