

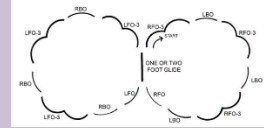
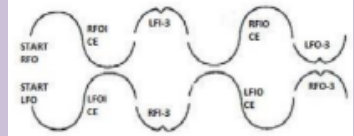
# SO Competition Rules

# ÍSS 2024-2025

Competition Categories	Basic skating and edges	Jumps	Ballance	Spins	Program Components
<b>LEVEL I</b> 1min 15sec +/-10 sec Badges 1-5  Warm-up: 4 min max 8 competitors **	1. Forward swizzles (at least 5) (FSw) 2. Backward swizzles (at least 5) (BSw) 3. One-foot forward snowplow stop (left or right) (FSSt) 4. Forward two-foot curves left and right (feet should be parallel and leaning on a curve) (FTCu)	5. Two-foot jump in place or moving (forward only) (TFJu)	6. Forward one-foot glide left and right (length of glide is considered in GOE) (FGL)		Performance  Interpretation*
<b>LEVEL II</b> 1min 45sec +/- 10 sec Badges 1-9  Warm-up: 4 min max 8 competitors **	1. T-stop left or right (TSt) 2. Backward stroking (6-8 strokes alternating feet) (BSt) 3. Forward outside three-turn (left and right) (in place or moving) (FoTTu) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed 4. Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) (FCr)	5. Bunny hop (BHo)	6. Forward lunge or Shoot the Duck (at any depth) (FLu)	7. Forward two-foot spin (minimum of three revolutions) (FTFSp)	Performance  Interpretation
<b>LEVEL III</b> 2min 15sec +/-10 sec Badges 1-12  Warm-up: 4 min max 8 competitors **	1. Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) (BCr) 2. Consecutive forward inside edges (set of four edges alternating feet = a total of four edges) (FiEd) 3. Forward inside three-turn (left and right) (in place or moving) (FiTTu) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed 4. Step Sequence (StSq) consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)	5. Waltz Jump (W) in place or moving	6. Forward spiral (FSp)	7. One-foot upright spin/ Scratch Spin (USp) (minimum of three (3) revolutions)	Performance  Interpretation
<b>Icelandic special rules</b>	*Program components: Interpretation is included in program components in star evaluation system level I. ** The number of competitors in the warm-up increased from 6 to 8 in accordance with Icelandic rules in competition categories for Club line. *** Does not apply for star evaluation system				
<b>Special Olympics rules</b>	<a href="https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf">https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf</a>				
<b>Deductions***</b>	Per Fall: -0.5	Costume failure: -0.5	Music failure (wrong music length): per 5 sec. -0.5	Program Components: Factor 1.0	

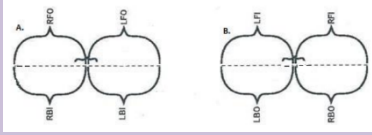
# SO Competition Rules

# ÍSS 2024-2025

Competition Categories	Jumps Each single jump can be executed two times	Spins	Spiral- / Choro- / Step sequence	Program Components
<b>LEVEL IV – SHORT</b> 1min 15sec +/- 10sec Warm up: 4 min max 8 competitors **	<b>One jump:</b> • Single Salchow (1S) or Single Toeloop (1T)	<b>One spin:</b> • Sit spin without change of foot (SSp) (minimum of 3 revolutions in sit position)	<b>Sequence A (SSkSqA):</b> Waltz three step 	Skating Skills Performance Interpretation
<b>LEVEL IV – FREE</b> 2min 15sec +/- 10sec Warm up: 6 min max 8 competitors **	<b>Five jump elements:</b> • Allowed jumps: Waltz jump (W), Single Salchow (1S), Single Toeloop (1T), Single Loop (1Lo). • There can be two jump combinations or sequences (with a maximum of two jumps).	<b>Three spins:</b> • One spin in one position without change of foot (upright, layback, sit or camel) (Usp/LSp/SSp/CSp) with a minimum of three (3) revolutions • One upright back spin without change of foot (UBSp) (any entry allowed) with a minimum of three (3) revolutions • One spin with one change of position without change of foot (CoSp) with a minimum of two (2) revolutions in each position	<b>One Choreographic Sequence (ChSq):</b> (covering the whole ice surface including steps and turns and at least one spiral position)	Skating Skills Performance Interpretation
<b>LEVEL V – SHORT</b> 1min 30sec +/- 10sec Warm up: 4 min max 8 competitors **	<b>Two jump elements:</b> • Single Loop (1Lo) • Jump combination Single Salchow + Single Toeloop (1S+1T)	<b>One spin:</b> • Camel spin without change of foot (CSp) (minimum of three (3) revolutions in camel position)	<b>Skating Skills Sequence B (SSkSqB):</b> three turn / change of edge 	Skating Skills Transitions Performance Interpretation
<b>LEVEL V – FREE</b> 2min 30sec +/- 10sec Warm up: 6 min max 8 competitors **	<b>Six jump elements:</b> • Allowed jumps: Waltz jump (W), Single Salchow (1S), Single Toeloop (1T), Single Loop (1Lo), Single Flip (1F), Single Lutz (1Lz). • There can be three jump combinations or sequences (with a maximum of two jumps).	<b>Three spins:</b> • Flying entrance or flying spins are not allowed • One spin in one position with or without change of foot (upright, layback, sit or camel) (Usp/CUSp/LSp/CLSp/SSp/CSSp/CSp/CCSp) with a minimum of three (3) revolutions on each foot • Two spins with at least one change of position with or without change of foot with a minimum of two (2) revolutions in each position and three (3) revolutions on each foot (CoSp/CCoSp)	<b>One Choreographic Sequence (ChSq):</b> (covering the whole ice surface including steps and turns and at least one spiral position)	Skating Skills Transitions Performance Interpretation
<b>Icelandic special rules</b>	*Program components: Interpretation is included in program components in star evaluation system level I. ** The number of competitors in the warm-up increased from 6 to 8 in accordance with Icelandic rules in competition categories for Club line. *** Does not apply for star evaluation system			
<b>Special Olympics rules</b>	<a href="https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf">https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf</a>			
<b>Deductions***</b>	Per Fall: -0.5	Costume failure: -0.5	Music failure (wrong music length): per 5 sec. -0.5	Program Components: Factor 1.0

# SO Competition Rules

# ÍSS 2024-2025

Competition Categories	Jumps	Spins	Spiral- / Choreo- / Step sequence	Program Components
<b>LEVEL VI – SHORT</b> 1min 45sec +/- 10sec Warm up: 4 min max 8 competitors **	<b>Two jump elements:</b> <ul style="list-style-type: none"> <li>• Single Axel (1A)</li> <li>• Jump Combination Single Flip + Single Loop + Single Toeloop (1F+1Lo+1T)</li> </ul>	<b>Two spins:</b> <ul style="list-style-type: none"> <li>• Combination spin with one change of position and one change of foot (CCoSp) with a minimum of three (3) revolutions on each foot and a minimum of two (2) revolutions in each position</li> <li>• Flying sit (FSSp) or flying camel spin (FCSp) without change of position and without change of foot and a minimum of three (3) revolutions</li> </ul>	<b>Skating Skills Sequence C (SSkSqC):</b> Brackets: forward/backward, inside/outside 	Skating Skills Transitions Performance Composition Interpretation
<b>LEVEL VI – FREE</b> 3min +/- 10sec Warm up: 6 min max 8 competitors **	<b>Seven jump elements:</b> <ul style="list-style-type: none"> <li>• Allowed jumps: All single and double jumps (excluding Waltz Jump and Double Axel).</li> <li>• There can be three jump combinations or sequences (with a maximum of three jumps).</li> </ul>	<b>Three spins:</b> <ul style="list-style-type: none"> <li>• One spin with change of foot and change of position (CCoSp) with a minimum of five revolutions on each foot and a minimum of two (2) revolutions in each position</li> <li>• One spin with a flying entrance with or without change of foot and with or without change of position, but with a minimum of six (6) revolutions in total</li> <li>• One spin free of choice</li> </ul>	<b>One Choreographic Sequence (ChSq):</b> (covering the whole ice surface including steps and turns and at least one spiral position)	Skating Skills Transitions Performance Composition Interpretation
<b>Icelandic special rules</b>	*Program components: Interpretation is included in program components in star evaluation system level I. ** The number of competitors in the warm-up increased from 6 to 8 in accordance with Icelandic rules in competition categories for Club line. *** Does not apply for star evaluation system			
<b>Special Olympics rules</b>	<a href="https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf">https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf</a>			
<b>Deductions***</b>	Per Fall: -0.5	Costume failure: -0.5	Music failure (wrong music length): per 5 sec. -0.5	Program Components: Factor 1.0

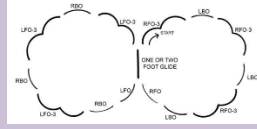
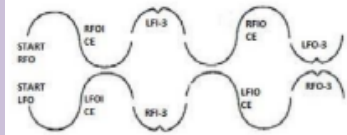
## SO keppnisreglur

## ÍSS 2024-2025

Keppnisflokkar	Grunnskautun og brúnir	Stökk / hopp	Jafnvægi	Píróettur	Efnisþættir prógramms
<b>LEVEL I</b> 1mín 15sek +/-10 sek Áfangar 1-5  Upphitun: 4 mín hámark 8 keppendur **	1. Áfram slöngur (lágmark 5) (FSw) 2. Afturábak slöngur (lágmark 5) (BSw) 3. Bremsuplögur - annar fótur er ríkjandi (hægri eða vinstri) (FSSt) 4. Áfram jafnfætis brúnir hægri og vinstri (ættu að vera samsíða og halla á brún) (FTCu)	5. Jafnfætis hopp í kyrrstöðu eða á hreyfingu (aðeins áfram) (TFJu)	6. Áfram hani, hægri og vinstri (lengd rennslis er metið í GOE) (FGL)		Framkvæmd  Túlkun*
<b>LEVEL II</b> 1mín 45sek +/- 10 sek Áfangar 1-9  Upphitun: 4 mín hámark 8 keppendur **	1. T-stopp hægri eða vinstri (TSt) 2. Afturábak strokur (6-8 strokur) (BSt) 3. Samfelldir áfram ytri þristir (hægri og vinstri) (í kyrrstöðu eða á ferð) (FoTTu) – þetta er talin ein æfing þar sem þristarnir eiga að vera í beinu framhaldi hver af öðrum, en lágmarks skref á milli þrista eru þó leyfð 4. Samfelldir áfram krossar (hægri og vinstri) í áttu (4-6 krossar á hvorum hring) (FCr)	5. Kanínuhopp (BHo)	6. Áfram svanur eða litli bill á öðrum fæti (dýpt hnébeigju er valkvædd) (FLu)	7. Píróetta á tveimur fótum (lágmark 3 hringir) (FTFSp)	Framkvæmd  Túlkun
<b>LEVEL III</b> 2mín 15sek +/-10 sek Áfangar 1-12  Upphitun: 4 mín hámark 8 keppendur **	1. Samfelldir afturábak krossar (hægri og vinstri) í áttu (4-6 krossar á hvorum hring) (BCr) 2. Samfelldar áfram innri brúnir (brúnir þar sem skipt er um fót = heildarfjöldi brúna eru fjórar) (FIEd) 3. Samfelldir áfram innri þristir (hægri og vinstri) (í kyrrstöðu eða á ferð) (FiTTu) – þetta er talin ein æfing þar sem þristarnir eiga að vera í beinu framhaldi hver af öðrum, en lágmarks skref á milli þrista eru þó leyfð 4. Sporasamsetning (StSq) samanstendur af sporum úr áföngum 9-12 (sporin þurfa að uppfylla ½ nýtingu íssins (mynstur: bein lína eða hringur)	5. Valshopp (W) í kyrrstöðu eða á hreyfingu	6. Áfram vog (FSp)	7. Píróetta á einum fæti uppréttur / Scratch (USp) (lágmark 3 hringir)	Framkvæmd  Túlkun
<b>Séríslenskar reglur</b>	*Efnisþættir prógramms: túlkun er metin til viðbótar í íslensku stjörnukerfi Level I. ** Fjöldi keppenda í upphitun er aukinn úr 6 í 8 til samræmis við reglur um fjölda keppenda í upphitun í félagalínu ÍSS. *** Á ekki við í stjörnukerfi Special Olympics				
<b>Special Olympics reglur</b>	<a href="https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf">https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf</a>				
<b>Frádráttur***</b>	Fall: -0.5	Rangur búnaður: -0.5	Tónlist (röng tónlistarlengd): fyrir hverjar 5 sek. -0.5	Efnisþættir prógrams: Factor 1.0	

# SO keppnisreglur

# ÍSS 2024-2025

Keppnisflokkar	Stökk Hvert einfalt stökk má framkvæma tvisvar	Píróettur	Vogar-/kóreo-/sporasamsetningar	Efnisþættir prógramms
<b>LEVEL IV – STUTT</b> 1mín 15sek +/- 10sek Upphitun: 4 mín hámark 8 keppendur **	<b>Eitt stökk:</b> • Salchow (1S) eða Toeloop (1T)	<b>Ein píruetta:</b> • Sitjandi píruetta <u>án skiptinga</u> á stöðu eða fæti (SSp) (lágmark 3 hringir í stöðu)	<b>Grunnspor A (SSkSqA):</b> Valsspor 	Skautatækni  Framkvæmd  Túlkun
<b>LEVEL IV – FRJÁLST</b> 2mín 15sek +/- 10sek Upphitun: 6 mín hámark 8 keppendur **	<b>Max fimm stökk:</b> • Leyfð stökk: valshopp (W), Salchow (1S), Toeloop (1T), Loop (1Lo) • Prógramm má innihalda 2 stökk samsetningar eða stökk séríur sem aðeins mega innihalda 2 stökk	<b>Þrjár píruettur:</b> • Ein píruetta <u>án skiptinga</u> á stöðu eða fæti: upprétt, sitjandi, layback eða camel (Usp/LSp/SSp/CSp) (lágmark 3 hringir) • Ein afturábak upprétt <u>án skiptingar</u> á fæti (UBSp) inngangur valkvæddur (lágmark 3 hringir) • Ein píruetta með einni skiptingu á stöðu en án skiptingar á fæti (CoSp) (lágmark 2 hringir í hvorri stöðu)	<b>Ein kóreósamsetning (ChSq):</b> þarf að innihalda spor og að lágmarki eina vog þar sem yfirborð íssinn er full nýtt	Skautatækni  Framkvæmd  Túlkun
<b>LEVEL V – STUTT</b> 1mín 30sek +/- 10sek Upphitun: 4 mín hámark 8 keppendur **	<b>Max tvö stökk:</b> • Loop (1Lo) • Stökk samsetning: Salchow + Toeloop (1S+1T)	<b>Ein píruetta:</b> • Camel píruetta <u>án skiptinga</u> á stöðu eða fæti (CSp) (lágmark 3 hringir í stöðu)	<b>Grunnspor B (SSkSqB):</b> þristar / brúnaskipti 	Skautatækni  Tengingar  Framkvæmd  Túlkun
<b>LEVEL V – FRJÁLST</b> 2mín 30sek +/- 10sek Upphitun: 6 mín hámark 8 keppendur **	<b>Max sex stökk:</b> • Leyfð stökk: valshopp (W), Salchow (1S), Toeloop (1T), Loop (1Lo), Flip (1F), Lutz (1Lz) • Prógramm má innihalda 3 stökk samsetningar eða stökk séríur sem mega innihalda max 2 stökk	<b>Þrjár píruettur:</b> • Fljúgandi inngangur og fljúgandi píruettur eru ekki leyfðar • Pírúetta í einni stöðu með eða án skiptingar á fæti: upprétt, sitjandi, layback eða camel (Usp/CUSp/LSp/CLSp/SSp/CSSp/CSp/CCSp) (lágmark 3 hringir á hvorum fæti) • Tvær píruettur með að lágmarki einni skiptingu á stöðu með eða án skiptingar á fæti (CoSp/CCoSp) (lágmark 2 hringir í hverri stöðu og 3 hringir á hvorum fæti)	<b>Ein kóreósamsetning (ChSq):</b> þarf að innihalda spor og að lágmarki eina vog þar sem yfirborð íssinn er full nýtt	Skautatækni  Tengingar  Framkvæmd  Túlkun
<b>Séríslenskar reglur</b>	*Efnisþættir prógramms: túlkun er metin til viðbótar í íslensku stjórnukerfi Level I. ** Fjöldi keppenda í upphitun er aukinn úr 6 í 8 til samræmis við reglur um fjölda keppenda í upphitun í félagalínu ÍSS. *** Á ekki við í stjórnukerfi Special Olympics			
<b>Special Olympics reglur</b>	<a href="https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf">https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf</a>			
<b>Frádráttur***</b>	Fall: -0.5	Rangur búnaður: -0.5	Tónlist (röng tónlistarlengd): fyrir hverjar 5 sek. -0.5	Efnisþættir prógrams: Factor 1.0

## SO keppnisreglur

## ÍSS 2024-2025

Keppnisflokkar	Stökk Hvert einfalt stökk má framkvæma tvisvar	Píróettur	Vogar-/kóreo-/ sporasamsetningar	Efnisþættir prógramms
<b>LEVEL VI – SHORT</b> 1mín 45sek +/- 10sek  Upphitun: 4 mín hámark 8 keppendur **	<b>Max tvö stökk:</b> <ul style="list-style-type: none"> <li>Axel (1A)</li> <li>Stökk samsetning: Flip + Loop + Toeloop (1F+1Lo+1T) (1S+1T)</li> </ul>	<b>Tvær pírúettur:</b> <ul style="list-style-type: none"> <li>Samsett pírúetta með einni skiptingu á stöðu og einni skiptingu á fæti (CcoSp) (lágmark 2 hringir í hverri stöðu og 3 hringir á hvorum fæti)</li> <li>Fljúgandi sitjandi pírúetta (FSSp) eða fljúgandi camel pírúetta (FCSp) án skiptingar á stöðu og án skiptingar á fæti (lágmark 3 hringir)</li> </ul>	<b>Grunnspor C (SSkSqC):</b> Brackets: áfram/afturábak, innri/ytri  	Skautatækni  Tengingar  Framkvæmd  Samsetning  Túlkun
<b>LEVEL VI – FREE</b> 3mín +/- 10sek  Upphitun: 6 mín hámark 8 keppendur **	<b>Max sjö stökk:</b> <ul style="list-style-type: none"> <li>Leyfð stökk: öll einföld og tvöföld stökk (valshopp og 2A ekki leyfð)</li> <li>Prógramm má innihalda 3 stökk samsetningar eða stökk seríur sem mega innihalda max 3 stökk</li> </ul>	<b>Þrjár pírúettur:</b> <ul style="list-style-type: none"> <li>Ein samsett pírúetta með einni skiptingu á stöðu og einni skiptingu á fæti (CCoSp) (lágmark 2 hringir í hverri stöðu og 5 hringir á hvorum fæti)</li> <li>Ein fljúgandi pírúetta eða pírúetta með fljúgandi inngangi með eða án skiptingar á fæti (lágmark 6 hringir í heildina)</li> <li>Ein frjáls pírúetta</li> </ul>	<b>Ein kóreósamsetning (ChSq):</b> þarf að innihalda spor og að lágmarki eina vog þar sem yfirborð íssinn er full nýtt	Skautatækni  Tengingar  Framkvæmd  Samsetning  Túlkun
<b>Séríslenskar reglur</b>	*Efnisþættir prógramms: túlkun er metin til viðbótar í íslensku stjórnkerfi Level I. ** Fjöldi keppenda í upphitun er aukinn úr 6 í 8 til samræmis við reglur um fjölda keppenda í upphitun í félagalínu ÍSS. *** Á ekki við í stjórnkerfi Special Olympics			
<b>Special Olympics reglur</b>	<a href="https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf">https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2022.pdf</a>			
<b>Frádráttur***</b>	Fall: -0.5	Rangur búnaður: -0.5	Tónlist (röng tónlistarlengd): fyrir hverjar 5 sek. -0.5	Efnisþættir prógrams: Factor 1.0