

Vrijrijden

	Year of birth		Jumps			
			No. of jumps	Limitations	Mandatory	Combinations
Rolrinckel 1:30 to 2:00 min	2012+		Max 2 half rotation jumps	max ½ rotation jumps (including 2 foot jumps with ½ rotation etc.)		
Pre-Pupil 2:00 min +/- 10 sec	2011	2012	Max 3	½ rotation jumps and 1 jump full rotation	Cadet	
Pupil 2:00 min +/- 10 sec	2010	2011	Max 6	max 3 one (1) rotation are allowed including Waltz jump	Cadet & Salshow	max 1 (max 3 jumps)
Tots 2:00 min +/- 10 sec	2009 t/m	2011	12	one (1) rotation are allowed including Waltz jump		max 2 (max 5 jumps)
Mini 2:30 min +/- 10 sec	2008	2009	12	single, axel, double toe-loop and double salchow	Axel & Toe-loop	max 2 (max 5 jumps)
Espoir sp 2:00 min +/- 5 sec lp 3:00 min +/- 10 sec	2006	2007	10	single, double	Axel	max 2 (max 5 jumps)
Cadet sp 2:30 min +/- 5 sec lp 3:30 min +/- 10 sec	2004	2005	8	single, double, triple	Axel	max 2 (max 5 jumps)
Youth sp 2:30 min +/- 5 sec lp 4:00 min +/- 10 sec	2003		women max 8/ men max 9	single, double, triple	Axel	max 3 (max 5 jumps)
Junior sp 2:45 min +/- 5 sec lp women 4:15 to 4:30 min lp men 4:30 min +/- 10 sec	2001	2002	women max 8/ men max 9	single, double, triple	Axel	max 3 (max 5 jumps)
Senior sp 2:45 min +/- 5 sec lp women 4:15 to 4:30 min lp men 4:30 min +/- 10 sec	-2000		women max 8/ men max 9	single, double, triple	Axel	max 3 (max 5 jumps)

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	Spins				
	Year of birth		No.	Mandatory	Limitations
Rolrinckel 1:30 to 2:00 min	2012+			spins two foot	only upright spins
Pre-Pupil 2:00 min +/- 10 sec	2011	2012		min 1 Als ze er meer dan 1 doen, dan verschillend	only upright spins (one foot)
Pupil 2:00 min +/- 10 sec	2010	2011		min 2 different spins	only upright (one foot) & sit spins
Tots 2:00 min +/- 10 sec	2009 t/m	2011	max 2	min 1 combination (max 3 positions)	only upright & sit spins
Mini 2:30 min +/- 10 sec	2008	2009	max 2	min 1 combination (max 3 positions, must incl. sit spin)	no broken ankle, no heel, no inverted
Espoir sp 2:00 min +/- 5 sec lp 3:00 min +/- 10 sec	2006	2007	max 2	min 1 combination (max 4 positions, must incl. sit spin)	max 2 inverted, max 2 forward heel etc. Broken is not allowed
Cadet sp 2:30 min +/- 5 sec lp 3:30 min +/- 10 sec	2004	2005	max 2	min 1 combination (max 5 positions, must incl. sit spin)	max 2 inverted, max 2 forward heel etc. Broken is not allowed
Youth sp 2:30 min +/- 5 sec lp 4:00 min +/- 10 sec	2003		max 2	min 1 combination (max 5 positions, must incl. sit spin)	max 2 inverted, max 2 forward heel etc. Broken is not allowed
Junior sp 2:45 min +/- 5 sec lp women 4:15 to 4:30 min lp men 4:30 min +/- 10 sec	2001	2002	max 2	min 1 combination (max 5 positions, must incl. sit spin)	max 2 inverted, max 2 forward heel etc.
Senior sp 2:45 min +/- 5 sec lp women 4:15 to 4:30 min lp men 4:30 min +/- 10 sec	-2000		max 2	min 1 combination (max 5 positions, must incl. sit spin)	max 2 inverted, max 2 forward heel etc.

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	Year of birth		Steps & Choreo		
			Footwork sequences	Limitations	Choreographic sequence
Rolrinckel 1:30 to 2:00 min	2012+		2. forward runs clockwise or counterclockwise (each at least ½ a circle)	limited to Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk	
Pre-Pupil 2:00 min +/- 10 sec	2011	2012	1. diagonal/line with at least one three turn 2. backward runs both clockwise and counterclockwise (each at least ½ a circle) 3. mohawk	limited to Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk	mount
Pupil 2:00 min +/- 10 sec	2010	2011	1 max level 1	limited to Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk	spirals
Tots 2:00 min +/- 10 sec	2009 t/m	2011	1 max level 1	limited to Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk	
Mini 2:30 min +/- 10 sec	2008	2009	1 max level 2		
Espoir sp 2:00 min +/- 5 sec lp 3:00 min +/- 10 sec	2006	2007	1 max level 3		
Cadet sp 2:30 min +/- 5 sec lp 3:30 min +/- 10 sec	2004	2005	1 max level 4		
Youth sp 2:30 min +/- 5 sec lp 4:00 min +/- 10 sec	2003		1 max level 4		1
Junior sp 2:45 min +/- 5 sec lp women 4:15 to 4:30 min lp men 4:30 min +/- 10 sec	2001	2002	1		1
Senior sp 2:45 min +/- 5 sec lp women 4:15 to 4:30 min lp men 4:30 min +/- 10 sec	-2000		1		1

Roldansen

Pupil	2010	2011	Skaters March
Tots	2009 t/m	2011	Carlos Tango City Blues