



**RULEBOOK SINGLE SKATING**  
**COMPETITION RULES**  
**2019-2020**

Editor: Danish Skating Union, Technical Committee  
43. edition – 2019

Disclaimer: The English translation of the rulebook for single skating is a service provided by the Technical Committee under DSU. In case of any discrepancies between the Danish and English versions of the rulebook, the Danish version is always to be used.

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## **1.0 OVERVIEW OF INTERNATIONAL JUDGING SYSTEM**

### **The Technical Panel:**

The technical panel consists of the Technical Controller (TC), Technical Specialist (TS), The Assistant Technical Specialist, Data-operator and Replay-operator. The Technical Controller and The Technical Specialists identify the elements executed by the skater. The Data-operator assists The Technical Controller and The Technical Specialists by entering the identified elements into the computer system. The Replay-Operator controls a slow motion video replay system, which supports The Technical Controller and The Technical Specialists in the identification of the executed elements.

The Technical Specialist – in collaboration with The Assistant Technical Specialist – identifies and calls all the executed elements as well as levels on spins and step sequences. The Technical Specialist also identifies illegal elements and falls. The Technical Controller supervises The Technical Specialists and The Data Operator and proposes corrections – if needed – in alignment with executed elements and levels identified by The Technical Specialists. In case of disagreement with the proposed correction by The Technical Controller, the original decision made by The Technical Specialists will be upheld. If The Technical Specialist and The Assistant Technical Specialist disagree on an element or a level, The Technical Controller will have the deciding vote. The Technical Controller also approves and corrects the identification of illegal elements and falls.

### **Judges:**

The main focus for judges is to assess the quality of any element executed as well as the quality of the program components. The assessment of the judges is based on specific criteria for each element, which provides an extensive evaluation of each skater and their skills. The judges do not compare the skaters against each other, which allows each judge to focus on the quality of the executed elements and program components. The points are allotted into the system through a touch screen. It is possible for the judges to review the executed elements in normal speed.

### **The Technical Score:**

Every element contains a fixed base value that is based on the difficulty of the elements as well as any level awarded. The judges award a grade of execution (GOE) to each element, which either reduces or increases the value of the element. When a skater has executed an element, the element is identified by The Technical Panel and the element will immediately be visible on the judges' screens. The judges each award the elements with a GOE on a scale from +5 to -5. The final technical score consists of the values of the elements, the average of the judges' GOE's and the levels given by The Technical Panel.

### **Program Components Scores:**

Aside from the technical side, the judges also award points for program components on a scale ranging from 0,0-10,0 with intervals at 0,25 points. The program components consist of; Skatings Skills, Transitions, Performance, Composition, Interpretation. The judges' scores for each program component is multiplied by a factor determined by the different age groups.

### **The Total Score:**

The total score is the sum of the technical score and the program components score, including deductions for falls or time violations etc. The total score for the short program and free skate constitutes the overall score for the competition. The skater that obtains the highest overall competition score is also the winner of the competition.

## 2.0 AGE AND TEST REQUIREMENTS

### 2.1 NATIONAL CHAMPIONSHIP LEVEL SKATERS (M-skaters)

<b>Group (M) Championship</b>	<b>Age Requirements</b>	<b>Current test</b>	<b>Old test</b>
Senior	No age limit	Gold	Silver
Junior	Not reached 19 years of age as of 1 July 2019 Born 1 July 2000 or later	Gold	Silver
Novice	Not reached 15 years of age as of 1 July 2019 Born 1 July 2004 or later	Silver	Big Bronze
Debs	Not reached 13 years of age as of 1 July 2019 Born 1 July 2006 or later	Bronze	Small Bronze
Springs	Not reached 12 years of age as of 1 July 2019 Born 1 July 2007 or later	Bronze	Small Bronze
Cubs	Not reached 10 years of age as of 1 July 2019 Born 1 July 2009 or later	Basic II	---

## 2.2 COMPETITION LEVEL SKATERS (K-skaters)

<b>Group (K) Competition</b>	<b>Age Requirements</b>	<b>Current test</b>	<b>Old Test</b>
Senior (K2)	No age limit	Basic 2	Small Bronze
Senior (K1)	No age limit	Basic 1	Skill test (færdighedsmærke)
Junior (K2)	Not reached 19 years of age as of 1 July 2019 Born 1 July 2000 or later	Basic 2	Small Bronze
Junior (K1)	Not reached 19 years of age as of 1 July 2019 Born 1 July 2000 or later	Basic 1	Skill test (færdighedsmærke)
Novice (K2)	Not reached 15 years of age as of 1 July 2019 Born 1 July 2004 or later	Basic 2	Small Bronze
Novice (K1)	Not reached 15 years of age as of 1 July 2019 Born 1 July 2004 or later	Basic 1	Skill test (færdighedsmærke)
Debs	Not reached 13 years of age as of 1 July 2019 Born 1 July 2006 or later	Basic 1	Skill test (færdighedsmærke)
Springs	Not reached 12 years of age as of 1 July 2019 Born 1 July 2007 or later	Basic 1	Skill test (færdighedsmærke)
Cubs	Not reached 10 years of age as of 1 July 2019 Born 1 July 2009 or later	Basic I	---
Chicks	Not reached 8 years of age as of 1 July 2019 Born 1 July 2011 or later	Half of Basic 1 (optional half)	---

### **3.0 RELEVANT ISU DOCUMENTS FOR SEASON 2019-2020**

Please find and read the following:

**ISU Communication no. 2253**

Regarding: Scale of Values,

**ISU Communication no. 2254**

Regarding: Level of Difficulty, GOE season 2019-2020

**ISU Communication no. 2242**

Regarding: Rules for Novice

**Technical Panel Handbook 2019-2020, Single Skating**

**Deductions in Singles and Pairs**

**Program Components Overview**

**Program Components Explanations**

It is at any time coaches/skaters own responsibility to keep up to date with the latest ISU rules, regulations and communications. All these documents can be found here:

<https://www.isu.org/inside-single-pair-skating-ice-dance/isu-judging-system-fs/isu-handbooks-faq-sandp-skating-2>

## 4.0 PROGRAM CONTENT FOR M-SKATERS

### 4.1 Senior M Ladies – Short program

Age requirement: No age limit

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel or Triple Axel
- b) Triple jump
- c) Jump combination consisting of one double and one triple jump or two triple jumps.
- d) Flying spin, min. 8 revolutions
- e) Layback/sideways leaning spin or sit/camel spin with no change of foot, min. 8 revolutions  
(basic position in this spin must be different from the one in d)
- f) Spin combination with only one change of foot, min. 6 revolutions on each foot
- g) One step sequence

#### Note

Double/Triple Axel can only be performed once in the short program.

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

#### *Program Components, factor 0.8*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 1 point for first and second fall. 2 points will be deducted for the third and fourth fall. 3 points will be deducted for five falls or more.

#### *Halftime Bonus:*

For jump elements performed after 1 minute and 20 seconds, a half time bonus of 10% will be awarded. Half time bonus can only be given once in the short program (last performed jump element).

## 4.2 Senior M Ladies – Free skating

Age requirement: No age limit

Test requirement: Gold

Length of program: 4 min ± 10 sec

- a) Maximum of 7 jump elements  
One must be an Axel or Axel-type jump  
Maximum three jump combinations or sequences. Only one of the jump combinations may consist of three (3) jumps and the other two may consist of two (2) jumps.
- b) Maximum of three different spins  
One must be a spin combination, min. 10 revolutions, one flying spin, min. 6 revolutions and one spin in one basic position, min. 6 revolutions
- c) Maximum 1 step sequence
- d) Maximum 1 choreographic sequence

### Note

All double jumps may only be executed twice. Of all triple and quad jumps, only two (2) jumps can be executed twice. Of the two (2) repetitions, only one may be a quad jump. If at least one (1) of the repetitions is in a jump combination or a sequence, both repetitions will receive full base value. If a jump is executed twice as a solo jump, the second jump will only receive 70% of the original base value.

### *Program Components, factor 1.6*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

### *Falls:*

A fall will give a deduction of 1 point for first and second fall. 2 points will be deducted for the third and fourth fall. 3 points will be deducted for five falls or more.

### *Halftime bonus:*

For jump elements performed after 2 minutes, a half time bonus of 10% will be awarded. Half time bonus can be given three times in the Free Skate, as a maximum (last three performed jump elements).



### 4.3 Senior M Men – Short program

Age requirement: No age limit

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel or Triple Axel
- b) Triple or Quad jump
- c) Jump combination consisting of one double and one triple jump or two triple jumps or one Quad and one Double jump or one Quad and one Triple jump.
- d) Flying spin, min. 8 revolutions
- e) Sit/camel spin with only one change of foot, min. 6 revolutions on each foot (basic position in this spin must be different from the one in d))
- f) Spin combination with only one change of foot, min. 6 revolutions on each foot
- g) One step sequence

#### Note

If a Quad jump is performed in the jump combination (c) a different Quad jump may be performed in the solo jump (b) Double/Triple Axel can only be performed once in the short program.

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

#### *Program Components, factor 1.0*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 1 point for first and second fall. 2 points will be deducted for the third and fourth fall. 3 points will be deducted for five falls or more.

#### *Halftime Bonus:*

For jump elements performed after 1 minute and 20 seconds, a half time bonus of 10% will be awarded. Half time bonus can only be given once in the short program (last performed jump element).

#### **4.4 Senior M Men – Free skating**

Age requirement: No age limit

Test requirement: Gold

Length of program: 4 min ± 10 sec

- a) Maximum of 7 jump elements  
One must be an Axel or Axel-type jump  
Maximum three jump combinations or sequences. Only one of the jump combinations may consist of three jumps and the other two may consist of two jumps.
- b) Maximum of three different spins  
One must be a spin combination, min. 10 revolutions, one flying spin, min. 6 revolutions and one spin in one basic position, min. 6 revolutions
- c) Maximum 1 step sequence
- d) Maximum 1 choreographic sequence

#### **Note**

All double jumps may only be executed twice. Of all triple and quad jumps, only two (2) jumps can be executed twice. Of the two (2) repetitions, only one may be a quad jump. If at least one (1) of the repetitions is in a jump combination or a sequence, both repetitions will receive full base value. If a jump is executed twice as a solo jump, the second jump will only receive 70% of the original base value

#### *Program Components, factor 2.0*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 1 point for first and second fall. 2 points will be deducted for the third and fourth fall. 3 points will be deducted for five falls or more.

#### *Halftime bonus:*

For jump elements performed after 2 minutes, a half time bonus of 10% will be awarded. Half time bonus can be given three (3) times in the Free Skate, as a maximum (last three (3) performed jump elements).

## 4.5 Junior M Ladies – Short program

Age requirement: Not reached 19 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2000 or later

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel
- b) Double or triple Loop
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps.
- d) Flying Sit spin, min. 8 revolutions
- e) Layback/sideways leaning spin or camel spin with no change of foot, min. 8 revolutions
- f) Spin combination with only one change of foot, min. 6 revolutions on each foot
- g) One step sequence

### Note

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

### *Program Components, factor 0.8*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

### *Falls:*

A fall will give a deduction of 1 point.

### *Halftime Bonus:*

For jump elements performed after 1 minute and 20 seconds, a half time bonus of 10% will be awarded. Half time bonus can only be given once in the short program (last performed jump element).

## 4.6 Junior M Ladies – Free skating

Age requirement: Not reached 19 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2000 or later

Test requirement: Gold

Length of program: 3 min and 30 sec ± 10 sec

- a) Maximum of 7 jump elements  
One must be an Axel or Axel-type jump  
Maximum three jump combinations or sequences. Only one of the jump combinations may consist of three jumps and the other two may consist of two jumps.
- b) Maximum of three different spins  
One must be a spin combination, min. 10 revolutions, one flying spin, min. 6 revolutions and one spin in one basic position, min. 6 revolutions
- c) Maximum 1 step sequence

### Note

All double jumps may only be executed twice. Of all triple and quad jumps, only two (2) jumps can be executed twice. Of the two (2) repetitions, only one may be a quad jump. If at least one (1) of the repetitions is in a jump combination or a sequence, both repetitions will receive full base value. If a jump is executed twice as a solo jump, the second jump will only receive 70% of the original base value

### *Program Components, factor 1.6*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

### *Falls:*

A fall will give a deduction of 1,0 point

### *Halftime Bonus:*

For jump elements performed after 1 minute and 45 seconds, a half time bonus of 10% will be awarded. Half time bonus can be given three (3) times in the Free Skate, as a maximum (last three (3) performed jump elements).

### **Bonus (two points)**

A bonus is given maximum one time in the Free Skating. Bonus is given when two different triple jumps are approved Or under rotated (<) *Note! Only in Denmark.*

## 4.7 Junior M Men – Short program

Age requirement: Not reached 19 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2000 or later

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel or Triple Axel
- b) Double or Triple Loop
- c) Jump combination consisting of one double and one triple jump or two triple jumps.
- d) Flying Sit spin, min. 8 revolutions
- e) Camel spin with only one change of foot, min. 6 revolutions on each foot
- f) Spin combination with only one change of foot, min. 6 revolutions on each foot
- g) One step sequence

### Note

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

### *Program Components, factor 1.0*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

### *Falls:*

A fall will give a deduction of 1.0 point.

### *Halftime Bonus:*

For jump elements performed after 1 minute and 20 seconds, a half time bonus of 10% will be awarded. Half time bonus can only be given once in the short program (last performed jump element).

## 4.8 Junior M Men – Free skating

Age requirement: Not reached 19 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2000 or later

Test requirement: Gold

Length of program: 3 min and 30 sec ± 10 sec

- h) Maximum of 7 jump elements  
One must be an Axel or Axel-type jump  
Maximum three jump combinations or sequences. Only one of the jump combinations may consist of three jumps and the other two may consist of two jumps.
- i) Maximum of three (3) different spins  
One (1) must be a spin combination (min. 10 revolutions), one (1) flying spin (min. 6 revolutions) and one (1) spin in one basic position (min. 6 revolutions)
- j) Maximum 1 step sequence

### Note

All double jumps may only be executed twice. Of all triple and quad jumps, only two (2) jumps can be executed twice. Of the two (2) repetitions, only one may be a quad jump. If at least one (1) of the repetitions is in a jump combination or a sequence, both repetitions will receive full base value. If a jump is executed twice as a solo jump, the second jump will only receive 70% of the original base value

### *Program Components, 2.0*

Skating Skills, Transitions, Performance, Composition, Interpretation of the music

### *Falls:*

A fall will give a deduction of 1.0 point

### *Halftime Bonus:*

For jump elements performed after 1 minute and 45 seconds, a half time bonus of 10% will be awarded. Half time bonus can be given three (3) times in the Free Skate, as a maximum (last three (3) performed jump elements).

### **Bonus (two points)**

A bonus is given maximum one time in the Free Skating. Bonus is given when two different triple jumps are approved Or under rotated (<) *Note! Only in Denmark.*

#### **4.9 Novice M Girls – Short program**

Age requirement: Not reached 15 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2004 or later

Test requirement: Silver

Length of program: 2 min and 20 sec ± 10 sec

- a) Double Axel
- b) Double or triple jump – must be different from (a).
- c) Jump combination consisting of two double jumps or one double and one triple jump. Both must be different from (a) and (b)
- d) Layback/sideways leaning spin or spin in one basic position with no change of foot, min. 6 revolutions, flying entrance not allowed
- e) Spin combination with only one change of foot, min. 5 revolutions on each foot, flying entry allowed
- f) One step sequence

#### **Note**

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

In elements with levels, a maximum of level 4 can be given.

*Program Components, factor 0.8*

Skating Skills, Transitions, Performance, Interpretation of the music

*Falls:*

A fall will give a deduction of 0.5 points

*Warm-up:*

Maximum of 8 skaters in a warm-up group

4 minutes warm-up

#### 4.10 Novice M Girls – Free skate

Age requirement: Not reached 15 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2004 or later

Test requirement: Silver

Length of program: 3 min ± 10 sec

- a) Maximum of 6 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. Only one of the jump combinations may consist of three jumps and the other may consist of two jumps.
- b) Maximum of 2 different spins  
One must be a spin combination with change of foot, min. 8 revolutions, flying entrance is not allowed, and one must be a flying spin, min. 6 revolutions or a spin in one position with change of foot and a flying entrance, min. 8 revolutions
- c) Maximum 1 step sequence

#### Note

Any single, double or triple jump (including Double Axel) cannot be attempted more than twice.

All triple jumps may only be executed twice. If at least one of the repetitions is in a jump combination or sequence, both repetitions will receive full base value. Quad jumps are not allowed

In elements with levels a maximum of level 4 can be given.

#### *Program Components, factor 1.6*

Skating Skills, Transitions, Performance, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 0.5 points

#### *Warm-up:*

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

#### **Bonus (two points)**

A bonus is given maximum two times in the Free Skating – one time for a triple jump and one time for a different triple jump. Both triple jumps have to be approved or under rotated (<) Note! Only in Denmark.



#### 4.11 Novice M Boys – Short program

Age requirement: Not reached 15 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2004 or later

Test requirement: Silver

Length of program: 2 min and 20 sec ± 10 sec

- a) Double Axel
- b) Double or triple jump – must be different from (a)
- c) Jumps combination consisting of two double jumps or one double and one triple jump. Both must be different from (a) and (b)
- d) Upright, Camel or sit spin with change of foot, flying entrance not allowed (min. 5 revolutions on each foot)
- e) Spin combination with at least one change of position and only one change of foot (min. 5 revolutions on each foot), flying entry allowed
- f) One step sequence

#### Note

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

In elements with levels, a maximum of level 4 can be given.

#### *Program Components, facto 0.9*

Skating Skills, Transitions, Performance, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 0.5 points

#### *Warm-up:*

Maximum of 8 skaters in a warm-up group

4 minutes warm-up

## 4.12 Novice M Boys – Free skating

Age requirement: Not reached 15 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2004 or later

Test requirement: Silver

Length of program: 3 min ± 10 sec

- a) Maximum of 6 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 different spins  
One must be a spin combination with change of foot, min. 8 revolutions, flying entrance is not allowed, and one must be a flying spin, min. 6 revolutions or a spin in one position with change of foot and a flying entrance, min. 8 revolutions
- c) Maximum 1 step sequence

### Note

Any single, double or triple jump (including Double Axel) cannot be attempted more than twice.

All triple jumps may only be executed twice. If at least one of the repetitions is in a jump combination or sequence, both repetitions will receive full base value. Quad jumps are not allowed

In elements with levels a maximum of level 4 can be given.

### *Program Components, factor 1.8*

Skating Skills, Transitions, Performance, Interpretation of the music

### *Falls:*

A fall will give a deduction of 0.5 points

### *Warm-up:*

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

### **Bonus (two points)**

A bonus is given maximum two times in the Free Skating – one time for a triple jump and one time for a different triple jump. Both triple jumps have to be approved or under rotated (<) Note! Only in Denmark.

### 4.13 Debs M Girls – Short program

Age requirement: Not reached 13 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2006 or later

Test requirement: Bronze

Length of program: 2 min and 20 sec ± 10 sec

- a) Single or double Axel
- b) Double jump – must be different from (a)
- c) Jump combination consisting of two double jumps or one double and one single jump. Both must be different from (a) and (b)
- d) Layback/sideways leaning spin or spin in one basic position with no change of foot, min. 6 revolutions, flying entrance not allowed.
- e) Spin combination with at least one change of position and only one change of foot, min. 5 revolutions on each foot, flying entry allowed
- f) One step sequence

#### Note

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

In elements with levels, a maximum of level 3 can be given. Any additional attempted level features will be ignored.

#### *Program Components, factor 0.8*

Skating Skills, Transitions, Performance, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 0.5 points

#### *Warm-up:*

Maximum of 8 skaters in a warm-up group

4 minutes warm-up

#### **4.14 Debs M Girls – Free skating**

Age requirement: Not reached 13 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2006 or later

Test requirement: Bronze

Length of program: 3.00 minutes ± 10 seconds

- a) Maximum of 6 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 different spins  
One must be a spin combination with change of foot, min. 8 revolutions, flying entrance is not allowed, and one must be a flying spin, min. 6 revolutions or a spin in one position with change of foot and a flying entrance, min. 8 revolutions
- c) Maximum 1 step sequence

#### **Note**

Any single or double jump (including Double Axel) cannot be attempted more than twice.

All triple jumps may only be executed twice. If at least one of the repetitions is in a jump combination or sequence, both repetitions will receive full base value

In elements with levels a maximum of level 3 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 1.6*

Skating Skills, Transitions, Performance, Interpretation of the music

*Falls:*

A fall will give a deduction of 0,5 points

*Warm-up:*

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

#### **Bonus (two points)**

A bonus is given maximum two times in the Free Skating. – One time for a 2A and one time for a triple jump. Both jumps must be approved or under rotated (<) *Note! Only in Denmark.*

#### **4.15 Debs M Boys– Short program**

Age requirement: Not reached 13 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2006 or later

Test requirement: Bronze

Length of program: 2 min and 20 sec ± 10 sec

- a) Single or double Axel
- b) Double jump (optional) – must be different from (a).
- c) Jumps combination consisting of two double jumps or one double and one single jump. Both must be different from (a) and (b)
- d) Upright, Camel or sit spin with change of foot, flying entrance not allowed (min. 5 revolutions on each foot)
- e) Spin combination with at least one change of position and only one change of foot (min. 5 revolutions on each foot), flying entry allowed
- f) One step sequence

#### **Note**

The solo jump (b) must be different from that used in (a) and different from the jumps in the jump combination (c). Jumps used in the jump combination (c) can be the same but have to be different than the jumps used in (a) and (b).

Jumps which do not satisfy the requirements – including wrong number of revolutions – will have no value, and will block a jumping box, if one is empty.

In elements with levels, a maximum of level 3 can be given. Any additional attempted level features will be ignored.

#### *Program Components, factor 0.9*

Skating Skills, Transitions, Performance, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 0.5 points

#### *Warm-up:*

Maximum of 8 skaters in a warm-up group

4 minutes warm-up

#### **4.16 Debs M Boys – Free skating**

Age requirement: Not reached 13 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2006 or later

Test requirement: Bronze

Length of program: 3.00 minutes ± 10 seconds

- d) Maximum of 6 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- e) Maximum of 2 different spins  
One must be a spin combination with change of foot, min. 8 revolutions, flying entrance is not allowed, and one must be a flying spin, min. 6 revolutions or a spin in one position with change of foot and a flying entrance, min. 8 revolutions
- f) Maximum 1 step sequence

#### **Note**

Any single or double jump (including Double Axel) cannot be attempted more than twice.

All triple jumps may only be executed twice. If at least one of the repetitions is in a jump combination or sequence, both repetitions will receive full base value

In elements with levels a maximum of level 3 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 1.8*

Skating Skills, Transitions, Performance, Interpretation of the music

*Falls:*

A fall will give a deduction of 0.5 points

*Warm-up:*

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

#### **Bonus (two points)**

A bonus is given maximum two times in the Free Skating - One time for a 2A and one time for a triple jump. Both jumps must be approved or under rotated (<) *Note! Only in Denmark.*

#### **4.17 Springs M Boys and Girls – Free skating**

Age requirement: Not reached 12 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2007 or later

Test requirement: Bronze

Length of program: 2 min and 30 sec ± 10 seconds

- a) Maximum of 5 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 different spins, one must be a spin combination, min. 8 revolutions, and one must be a flying spin, min. 6 revolutions or a spin with flying entrance, min. 8 revolutions
- c) Maximum 1 step sequence

#### **Note**

Any single or double jump (including Double Axel) cannot be attempted more than twice.

In elements with levels a maximum of level 3 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 2.5*

Skating Skills, Performance

*Falls:*

A fall will give a deduction of 0.5 points.

*Warm-up:*

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

Girls and boys are competing in the same group.

#### **Bonus (two points)**

A bonus is given maximum one time in the Free Skating. The bonus is given for a 2A that is approved or under rotated (<)

*Note! Only in Denmark.*

#### **4.18 Cubs M Boys and Girls – Free skating**

Age requirement: Not reached 10 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2009 or later

Test requirement: Basic II

Length of program: 2 min and 30 sec ± 10 seconds

- a) Maximum of 4 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 different spins  
The spins must have different abbreviations, change of foot and flying entrance is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions
- c) Maximum 1 step sequence

#### **Note**

Any single or double jump (including Double Axel) cannot be attempted more than twice.

In elements with levels, a maximum of level 2 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 2.5*

Skating Skills, Performance

#### *Falls:*

A fall will give a deduction of 0.5 points.

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

Girls and boys are competing in the same group.

#### **Bonus (two points)**

A bonus is given maximum one time in the Free Skating. The bonus is given for a 2A that is approved or under rotated (<)

*Note! Only in Denmark.*



## 5 PROGRAM CONTENT FOR K-SKATERS

### 5.1 Senior K2 Ladies and Men – Free skating

Age requirement: No age limit

Test requirement: Basic II

Length of program **ladies and men**: 3 min ± 10 sec

- a) Maximum of 6 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. One jump combination may contain three jumps. One jump combination may contain two jumps.
- b) Maximum of 2 different spins  
The spins must have different abbreviations, change of foot and flying entrance is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions
- c) Maximum 1 step sequence

#### Note

Any single, double or triple jump cannot be attempted more than twice. There is no requirement for repetitions to be in jump combination or sequence.

In elements with levels, a maximum of level 4 can be given.

*Program Components, factor ladies 1.6, factor men 2.0*

Skating Skills, Transitions, Performance, Interpretation, Composition

#### *Falls:*

A fall will give a deduction of 1.0 points.

#### *Warm-up:*

5 minutes warm-up

#### **Bonus (two points)**

A bonus is given maximum two times in the Free Skating. The bonus is given one time for 2A which is approved or under rotated (<) and one time for a jump combination consisting of three double jumps which are all approved or under rotated (<).

## 5.2 Junior K2 Ladies and Men – Free skating

Age requirement: Not reached 19 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2000 or later

Test requirement: Basic II

Length of program **ladies and men**: 3 min ± 10 sec

- a) Maximum of 6 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. One jump combination may contain three jumps. One jump combination may contain two jumps.
- b) Maximum of 2 different spins  
The spins must have different abbreviations, change of foot and flying entrance is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one positions with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions
- c) Maximum 1 step sequence

### Note

Any single, double or triple jump cannot be attempted more than twice. There is no requirement for repetitions to be in jump combination or sequence.

In elements with levels, a maximum of level 3 can be given. Any additional attempted level features will be ignored.

*Program Components, factor ladies 1.6, factor men 2.0*

Skating Skills, Transitions, Performance, Interpretation, Composition

*Falls:*

A fall will give a deduction of 1.0 points.

*Warm-up:*

5 minutes warm-up

### **Bonus (two points)**

A bonus is given maximum two times in the Free Skating. The bonus is given one time for 2A which is approved or under rotated (<) and one time for a jump combination consisting of three double jumps which are all approved or under rotated (<).

### 5.3 Novice K2 Girls and Boys – Free skating

Age requirement: Not reached 15 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2004 or later

Test requirement: Basic II

Length of program **girls and boys**: 3 min ± 10 sec

- a) Maximum of 6 jump elements  
One must be an Axel or Axel-type jump  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 different spins  
The spins must have different abbreviations, change of foot and flying entrance is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions
- c) Maximum 1 step sequence

#### Note

Any single, double or triple jump cannot be attempted more than twice. There is no requirement for repetitions to be in jump combination or sequence.

In elements with levels, a maximum of level 3 can be given. Any additional attempted level features will be ignored.

*Program Components, factor girls 1.6, factor boys 1.8*

Skating Skills, Transitions, Performance, Interpretation of the music

#### *Falls:*

A fall will give a deduction of 0.5 points

#### *Warm-up:*

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

#### **Bonus (two points)**

A bonus is given maximum one time in the Free Skating. The bonus is given when a jump combination consisting of two double jumps is approved (under rotation (<) is allowed in both jumps).

## 5.4 Senior K1, Junior K1 Ladies and Men, Novice K1 Girls and Boys – Free skating

Age requirement: Senior K1 – no age limit

Junior K1 – not reached 19 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2000 or later

Novice K1 – not reached 15 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2004 or later

Test requirement: Basic I

Length of program **ladies and men/girls and boys**: 3 min ± 10 sec

- a) Maximum of 6 jump elements.

One must be a Flip or Lutz

Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.

- b) Maximum of 2 different spins

The spins must have different abbreviations, change of foot and flying entrance is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions

- c) Maximum 1 step sequence

### Note

Only one Axel and two double jumps can be attempted. All additional attempts of Axel and double jumps will be considered as a wrong element and will receive no value. Such attempts will count as a jump element and will occupy "jumping boxes".

In elements with levels, a maximum of level 3 can be given. Any additional attempted level features will be ignored.

*Program Components, factor ladies/girls 1.7, factor men/boys 2.0*

Skating Skills, Performance, Composition

### *Falls:*

A fall will give a deduction of 0.5 points

### *Warm-up:*

Junior/Senior: 6 skaters in a warm-up group

Novice: 8 skaters in a warm-up group

5 minutes warm up

## 5.5 Debs K Girls and Boys – Free skating

Age requirement: Not reached 13 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2006 or later

Test requirement: Basic I

Length of program: 3.00 minutes ± 10 seconds

- a) Maximum of 6 jump elements  
One must be a Flip or Lutz  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 different spins  
The spins must have different abbreviations, change of foot and flying entrance is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions
- c) Maximum 1 step sequence

### Note

In elements with levels, a maximum of level 3 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 2.5*

Skating Skills, Performance

*Falls:*

A fall will give a deduction of 0.5 points

*Warm-up.*

8 skaters in a warm-up group.

5 minutes warm up

Girls and boys are competing in the same group

## 5.6 Springs K Boys and Girls – Free skating

Age requirement: Not reached 12 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2007 or later

Test requirement: Basic I

Length of program: 2 min and 30 sec ± 10 seconds

- a) Maximum of 5 jump elements.  
One must be a Flip or Lutz  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 different spins
- c) The spins must have different abbreviations, change of foot and flying entrance is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions
- d) Maximum 1 step sequence

### Note

In elements with levels, a maximum of level 2 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 2.5*

Skating Skills, Performance

*Falls:*

A fall will give a deduction of 0.5 points.

*Warm-up:*

8 skaters in a warm-up group

5 minutes warm up

Girls and boys are competing in the same group

## 5.7 Cubs K Boys and Girls – Free skating

Age requirement: Not reached 10 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2009 or later

Test requirement: Basic I

Length of program: 2 min and 30 sec ± 10 seconds

- a) Maximum of 4 jump elements  
One must be a Flip or Lutz  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 spins  
The spins can have the same abbreviations, change of foot and flying entry is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot, spin combinations with or without change of foot, min. 6 revolutions
- c) Maximum 1 step sequence

### Note

In elements with levels, a maximum of level 2 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 2.5*

Skating Skills, Performance

*Falls:*

A fall will give a deduction of 0.5 points.

*Warm-up:*

8 skaters in a warm-up group.

4 minutes warm up

Girls and boys in the same group

## 5.8 Chicks K Boys and Girls – Free skating

Age requirement: Not reached 8 years of age as of 1<sup>st</sup> of July 2019, born 1<sup>st</sup> of July 2011 or later

Test requirement: Half of Basic I (optional part)

Length of program: 2 min and 30 sec ± 10 seconds

- a) Maximum of 4 jump elements  
Maximum two jump combinations or sequences. Jump combinations can only consist of two jumps.
- b) Maximum of 2 spins  
The spins can have the same abbreviations, change of foot and flying entry is allowed. If a skater performs spins in one position without change of foot, the requirement is min. 3 revolutions, spins in one position with change of foot, min. 3 revolutions on each foot.  
Spin combinations are not allowed
- d) Maximum 1 step sequence

### Note

In elements with levels, a maximum of level 2 can be given. Any additional attempted level features will be ignored.

*Program Components, factor 2.5*

Skating Skills, Performance

*Falls.*

A fall will give a deduction of 0.5 points.

*Warm-up:*

8 skaters in a warm-up group.

4 minutes warm up

Girls and boys in the same group



## 6 PROGRAM COMPONENTS FOR M-SKATERS

Group	Number	Components	Factor
Senior (championship)	5	Skating Skills Transitions Performance Composition Interpretation of the music	<b>Ladies:</b> Short Program 0,8 Free Skating 1,6 <b>Men:</b> Short program 1,0 Free Skating 2,0
Junior (championship)	5	Skating Skills Transitions Performance Composition Interpretation of the music	<b>Ladies:</b> Short Program 0,8 Free Skating 1,6 <b>Men:</b> Short Program 1,0 Free Skating 2,0
Novice (championship)	4	Skating Skills Transitions Performance Interpretation of the music	<b>Girls:</b> Short Program 0,8 Free Skating 1,6 <b>Boys:</b> Short Program 0,9 Free Skating 1,8
Debs (championship)	4	Skating Skills Transitions Performance Interpretation of the music	<b>Girls:</b> Short Program 0,8 Free Skating 1,6 <b>Boys:</b> Short Program 0,9 Free Skating 1,8
Springs (championship)	2	Skating Skills Performance	<b>Girls and boys:</b> <u>Free Skating: 2,5</u>
Cubs (championship)	2	<u>Skating Skills</u> <u>Performance</u>	<b>Girls and boys:</b> <u>Free Skating: 2,5</u>

## 7 PROGRAM COMPONENTS FOR K-SKATERS

Group	Number	Components	Factor
Senior 2, Junior 2, (competition)	5	Skating Skills Transitions Performance Composition Interpretation of the music	<b>Ladies</b> Free Skating 1,6 <b>Men</b> Free Skating 1,8
Novice 2 (competition)	4	Skating Skills Transitions Performance Interpretation of the music	<b>Girls:</b> Free Skating 1,6 <b>Boys:</b> Free Skating 1,8
Senior 1, Junior 1, Novice 1 (competition)	3	Skating Skills Performance Composition	<b>Ladies/girls:</b> Free Skating 1,7 <b>Men/boys:</b> Free Skating 2,0
Debs (competition)	2	Skating Skills Performance	<b>Girls and boys:</b> Free Skating 2,5
Springs (competition)	2	Skating Skills Performance	<b>Girls and boys:</b> Free Skating 2,5
Cubs (competition)	2	Skating Skills Performance	<b>Girls and boys:</b> Free Skating 2,5
Chicks (competition)	2	Skating Skills Performance	<b>Girls and boys:</b> Free Skating 2,5

## 8 SIZE OF WARM-UP GROUPS

# of skaters	Groups with a max. of 6 skaters	Groups with a max. of 8 skaters
6	6	6
7	3 + 4	7
8	4 + 4	8
9	4 + 5	4 + 5
10	5 + 5	5 + 5
11	5 + 6	5 + 6
12	6 + 6	6 + 6
13	4 + 4 + 5	6 + 7
14	4 + 5 + 5	7 + 7
15	5 + 5 + 5	7 + 8
16	5 + 5 + 6	8 + 8
17	5 + 6 + 6	5 + 6 + 6
18	6 + 6 + 6	6 + 6 + 6
19	4 + 5 + 5 + 5	6 + 6 + 7
20	5 + 5 + 5 + 5	6 + 7 + 7
21	5 + 5 + 5 + 6	7 + 7 + 7
22	5 + 5 + 6 + 6	7 + 7 + 8
23	5 + 6 + 6 + 6	7 + 8 + 8
24	6 + 6 + 6 + 6	8 + 8 + 8
25	5 + 5 + 5 + 5 + 5	6 + 6 + 6 + 7
26	5 + 5 + 5 + 5 + 6	6 + 6 + 7 + 7
27	5 + 5 + 5 + 6 + 6	6 + 7 + 7 + 7
28	5 + 5 + 6 + 6 + 6	7 + 7 + 7 + 7
29	5 + 6 + 6 + 6 + 6	7 + 7 + 7 + 8
30	6 + 6 + 6 + 6 + 6	7 + 7 + 8 + 8
31	5 + 5 + 5 + 5 + 5 + 6	7 + 8 + 8 + 8
32	5 + 5 + 5 + 5 + 6 + 6	8 + 8 + 8 + 8
33	5 + 5 + 5 + 6 + 6 + 6	6 + 6 + 7 + 7 + 7
34	5 + 5 + 6 + 6 + 6 + 6	6 + 7 + 7 + 7 + 7
35	5 + 6 + 6 + 6 + 6 + 6	7 + 7 + 7 + 7 + 7
36	6 + 6 + 6 + 6 + 6 + 6	7 + 7 + 7 + 7 + 8
37	5 + 5 + 5 + 5 + 5 + 6 + 6	7 + 7 + 7 + 8 + 8
38	5 + 5 + 5 + 5 + 6 + 6 + 6	7 + 7 + 8 + 8 + 8
39	5 + 5 + 5 + 6 + 6 + 6 + 6	7 + 8 + 8 + 8 + 8
40	5 + 5 + 6 + 6 + 6 + 6 + 6	8 + 8 + 8 + 8 + 8