



RULEBOOK SINGLE SKATING

COMPETITION RULES

2021-2022

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1.0 GENERAL COMMENTS

Disclaimer

The English translation of the rulebook for single skating is a service provided by the Technical Committee under the Danish Skating Union (DSU). In case of any discrepancies between the Danish and the English version of the rulebook, the Danish version will be valid.

How to read the rulebook

This rulebook describes what the skaters may execute in each group – not what the skaters cannot execute. This means that if a specific element is not described in the rulebook, then it may not be a part of the program. The element will receive an *, thus no value.

Dispensation for season 2021/2022

In season 2021/2022 there will be given dispensation for the requirements regarding the age equivalent tests at the following DSU competitions:

- Efterårskonkurrencen
- Regionsmesterskaberne (JFM + SM)

This means that these competitions are open for skaters who still need to pass one test (½ or 1) to become a skater in the M-group.

Skaters who still need to pass one test (½ or 1) will compete on equal terms with the rest of the skaters in the M-groups, if they wish to do so. Therefore, the skaters shall enter in the groups that fits their age requirements. The dispensation is also valid for Solodance.

This dispensation gives the skaters an opportunity to pass the missing tests at the competitions listed above, which hopefully will lead to coaches and skaters not having to make multiple programs for the same skater within the same season.

All skaters must have passed the age equivalent tests to compete in the correlating M-group by the time of the Danish National Championships (DM).

2.0 AGE AND TEST REQUIREMENTS

From season 2021/2022 minimum ages are being implemented for groups Novice, Junior and Senior. These minimum ages are to be implemented over a 2-year period, as described in the implementation plan for Talent- and Elite Strategy to ensure, that no skater will be caught or in any way negatively affected by the implementation.

To this, the following applies:

If a skater previously has been participating in a competition in a group that the skater cannot do this year due to the implementation of minimum ages, a dispensation will apply. This means, for example, that a 13 year old skater, who turns 14 after 01.07.21, and who skated in the Junior group in season 2020/2021 will still have the opportunity to skate in the Junior group for this season.

Group (M)	Age requirements	Test
Senior	<u>No younger than 16 years as of 1st July 2021</u> No other age requirement	Gold
Junior	Not reached 19 years of age as of 1st July <u>2021</u> Born 1st July <u>2002</u> or later – <u>however, no younger than 14 years by 01.07.21</u>	Gold
Novice	Not reached 15 years of age as of 1st July <u>2021</u> Born 1st July <u>2006</u> or later – <u>however, no younger than 13 years by 01.07.21</u>	Silver
Debs	Not reached 13 years of age as of 1st July <u>2021</u> Born 1st July <u>2008</u> or later	Bronze
Springs	Not reached 12 years of age as of 1st July <u>2021</u> Born 1st July <u>2009</u> or later	Bronze
Cubs	Not reached 10 years of age as of 1st July <u>2021</u> Born 1st July <u>2011</u> or later – <u>however, no younger than 8 years as of competition start</u>	Basic II

Group (K)	Age requirements	Test
Senior 2	<u>No younger than 16 years as of 1st July 2021</u> No other age requirement	Basic 1
Senior 1	<u>No younger than 16 years as of 1st July 2021</u> No other age requirement	Basic 1
Junior 3	Not reached 19 years of age as of 1st July 2021 Born 1st July 2002 or later – <u>however, no younger than 14 years by 01.07.21</u>	Basic 1
Junior 2	Not reached 19 years of age as of 1st July 2021 Born 1st July 2002 or later – <u>however, no younger than 14 years by 01.07.21</u>	Basic 1
Junior 1	Not reached 19 years of age as of 1st July 2021 Born 1st July 2002 or later – <u>however, no younger than 14 years by 01.07.21</u>	Basic 1
Novice 3	Not reached 15 years of age as of 1st July 2021 Born 1st July 2006 or later – <u>however, no younger than 13 years by 01.07.21</u>	Basic 1
Novice 2	Not reached 15 years of age as of 1st July 2021 Born 1st July 2006 or later – <u>however, no younger than 13 years by 01.07.21</u>	Basic 1
Novice 1	Not reached 15 years of age as of 1st July 2021 Born 1st July 2006 or later – <u>however, no younger than 13 years by 01.07.21</u>	Basic 1
Debs 2	Not reached 13 years of age as of 1st July 2021 Born 1st July 2008 or later	Basic 1
Debs 1	Not reached 13 years of age as of 1st July 2021 Born 1st July 2008 or later	Basic 1
Springs 2	Not reached 12 years of age as of 1st July 2021 Born 1st July 2009 or later	Basic 1
Springs 1	Not reached 12 years of age as of 1st July 2021 Born 1st July 2009 or later	Basic 1
Cubs	Not reached 10 years of age as of 1st July 2021 Born 1st July 2011 or later – <u>however, no younger than 8 years as of competition start</u>	Basic I

2.1 ACTIVATING TESTS AND CHANGE BETWEEN M- AND K-GROUPS

The skating season is from 1st July 2021 to 30th June 2022. The skaters can only change between M- and K-groups once per season.

Change between K-groups

During the season a skater can always move up a group level and/or age wise but can only once per season move down a group level wise – hence, the skater cannot move down a group age wise.

Activating tests

Basic 1: Must be activated by the start of the following season.

Basic 2, Bronze, Silver, and Gold: If a skater in the K-group passes the age equivalent test during the season she/he can move to the age equivalent M-group. A skater in the K-group can within the season save one half ($\frac{1}{2}$) or one whole (1) passed test correlating to the age equivalent M-group. A skater in the M-group can within the season save one half ($\frac{1}{2}$) or one whole (1) passed test correlating to one (1) age group above the age group that the skater already competes in. However, the skater can only pass one half ($\frac{1}{2}$) or one whole (1) of the age equivalent test above the one/ones the skater already has.

Furthermore, there is referred to "DSU's mærkeprøveserie" for rules and more specific requirements.

3.0 RELEVANT ISU DOCUMENTS

ISU Communication no. 2253 (SoV for season 2019-2020 still applies)

Conc.: Scale of Values season 2019/20

<https://isu.org/inside-isu/isu-communications/communications/21210-2253-s-p-sov-2019-20/file>

ISU Communication no. 2334

Regarding: Levels of Difficulty, GOE season 2020-2021

<https://isu.org/inside-isu/isu-communications/communications/24665-isu-communication-2334/file>

ISU Communication no. 2396

Regarding: Single and pair skating Guidelines for International Novice Competitions for season 2021/22

<https://isu.org/inside-isu/isu-communications/communications/25882-isu-communication-2396/file>

Technical Panel Handbook 2021-2022, Single Skating

Regarding: Guidelines and details concerning classification of levels

<https://www.isu.org/figure-skating/rules/sandp-handbooks-faq/24781-tphb-single-skating-2020-21-final/file>

Deductions in Singles and Pairs

Regarding: Various deductions

<https://www.isu.org/figure-skating/rules/sandp-handbooks-faq/17823-s-p-who-is-responsible-for-deductions-2019-20/file>

Program Components Overview

Regarding: Judgment of program components

<https://www.isu.org/figure-skating/rules/sandp-handbooks-faq/26060-program-component-chart-2021/file>

Program Components Explanations

Regarding: Description of each program component

<https://isu.org/docman-documents-links/zz-archives/documents-communications-1/figure-skating-3/isu-judging-system-2/276-program-component-explanations/file>

Special Regulations & Technical Rules, 2018

Regarding: Various technical rules decided on the latest ISU-congress

<https://isu.org/inside-isu/rules-regulations/isu-statutes-constitution-regulations-technical/special-regulations-and-technical-rules/17927-single-pair-and-ice-dance-2018/file>

It is always the coach/skater's own responsibility to keep up with ISU's newest updates. All ISU Communications and the newest versions are available at:

<https://isu.org/figure-skating/rules/fsk-communications>

4.0 PROGRAM REQUIREMENTS FOR SKATERS IN M-GROUPS

At any time, DSU follows the ISU program requirements for Senior, Junior and Advanced Novice – both Short Program and Free Skating.

4.1 SENIOR M-SKATERS

4.1.1 Senior Women – SHORT PROGRAM

Age requirement: No younger than 16 years as of 1st July 2021. No other age requirement

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel or triple Axel
- b) Optional triple jump
- c) Jump combination consisting of one double and one triple jump or two triple jumps
- d) Optional 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 (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 Short Program. The solo jump (b) must be different from the one that is used in (a) and different from the jumps in the jump combination (c). The jump combination can consist of the same or two different types of jumps.

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

Program Components (5), factor: 0,8

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

Falls:

A fall will give a deduction of 1,0 point for the 1st and 2nd fall. 2,0 points will be deducted for the 3rd and 4th fall. 3,0 points will be deducted for the 5th fall and additional falls.

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 Short Program (last performed jump element).

4.1.2 Senior Women – FREE SKATING

Age requirement: No younger than 16 years as of 1st July 2021. No other age requirement

Test requirement: Gold

Length of program: 4 min ± 10 sec

- a) Max. 7 jump elements
One must be an Axel or Axel-type jump
Max. 3 jump combinations or sequences. Only one of the jump combinations may consist of 3 jumps and the other 2 may consist of 2 jumps.
- b) Max. 3 different spins
One must be a spin combination (min. 10 revolutions), one flying spin or a spin with a flying entrance (min. 6 revolutions) and one spin in one basic position (min. 6 revolutions)
- c) Max. 1 Step Sequence
- d) Max. 1 Choreographic Sequence

Note

All double jumps (incl. double Axel) may only be included twice in Free Skating (either as a solo jump or as a part of a jump combination or –sequence).

Of all triple and quadruple jumps only two (2) can be executed twice. Of the two (2) repetitions only one (1) can be a quadruple jump. If at least one of these executions is in a jump combination or a jump sequence, both executions are evaluated in a regular way. If both executions are as solo jumps, the second of these solo jumps will be marked with the sign “REP+” and will receive 70% of its original Base Value.

Program Components (5), factor: 1,6

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

Falls:

A fall will give a deduction of 1,0 point for the 1st and 2nd fall. 2,0 points will be deducted for the 3rd and 4th fall. 3,0 points will be deducted for the 5th fall and additional falls.

Halftime bonus:

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

4.1.3 Senior Men – SHORT PROGRAM

Age requirement: No younger than 16 years as of 1st July 2021. No other age requirement

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel or triple Axel
- b) Optional triple or quadruple jump
- c) Jump combination consisting of one double and one triple jump, two triple jumps or one quadruple and one double or triple jump.
- d) Optional flying spin (min. 8 revolutions)
- e) Camel or sit 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 quadruple jump may be performed as the solo jump (b). Double/triple Axel may only be performed once in Short Program. The solo jump (b) must be different from the one used in (a) and different from the ones used in the jump combination (c). The jump combination can consist of the same or two different types of jumps.

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

Program Components (5), factor: 1,0

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

Falls:

A fall will give a deduction of 1,0 point for the 1st and 2nd fall. 2,0 points will be deducted for the 3rd and 4th fall. 3,0 points will be deducted for the 5th fall and additional falls.

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 Short Program (last performed jump element).

4.1.4 Senior Men – FREE SKATING

Age requirement: No younger than 16 years as of 1st July 2021. No other age requirement

Test requirement: Gold

Length of program: 4 min ± 10 sec

- a) Max. 7 jump elements
One must be an Axel or Axel-type jump
Max. 3 jump combinations or sequences. Only one of the jump combinations may consist of 3 jumps and the other 2 may consist of 2 jumps.
- b) Max. 3 different spins
One must be a spin combination (min. 10 revolutions) one flying spin or a spin with a flying entrance (min. 6 revolutions) and one spin in one basic position (min. 6 revolutions)
- c) Max. 1 Step Sequence
- d) Max. 1 Choreographic Sequence

Note

All double jumps (incl. double Axel) may only be included twice in Free Skating (either as a solo jump or as a part of a jump combination or –sequence).

Of all triple and quadruple jumps only two (2) can be executed twice. Of the two (2) repetitions only one (1) can be a quadruple jump. If at least one of these executions is in a jump combination or a jump sequence, both executions are evaluated in a regular way. If both executions are as solo jumps, the second of these solo jumps will be marked with the sign “REP+” and will receive 70% of its original Base Value.

Program Components (5), factor: 2,0

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

Falls:

A fall will give a deduction of 1,0 point for the 1st and 2nd fall. 2,0 points will be deducted for the 3rd and 4th fall. 3,0 points will be deducted for the 5th fall and additional falls.

Halftime bonus:

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

4.2 JUNIOR M-SKATERS

4.2.1 Junior Women – SHORT PROGRAM

Age requirement: Not reached 19 years of age as of 1st July 2021, born 1st of July 2002 or later – however, no younger than 14 years by 01.07.21

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel
- b) Double or triple Flip
- 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 jump combination can consist of the same or two different types of jumps but must be different from the jumps used in (a) and (b).

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

Program Components (5), factor: 0,8

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 Short Program (last performed jump element).

4.2.2 Junior Women – FREE SKATING

Age requirement: Not reached 19 years of age as of 1st July 2021, born 1st of July 2002 or later – however, no younger than 14 years by 01.07.21

Test requirement: Gold

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

- a) Max.7 jump elements
One must be an Axel or Axel-type jump
Max. 3 jump combinations or sequences. Only one of the jump combinations may consist of 3 jumps and the other 2 may consist of 2 jumps.
- b) Max. 3 different spins
One must be a spin combination (min. 10 revolutions), one flying spin or a spin with a flying entrance (min. 6 revolutions) and one spin in one basic position (min. 6 revolutions)
- c) Max. 1 Step Sequence

Note

All double jumps (incl. double Axel) may only be included twice in Free Skating (either as a solo jump or as a part of a jump combination or –sequence).

Of all triple and quadruple jumps only two (2) can be executed twice. Of the two (2) repetitions only one (1) can be a quadruple jump. If at least one of these executions is in a jump combination or a jump sequence, both executions are evaluated in a regular way. If both executions are as solo jumps, the second of these solo jumps will be marked with the sign “REP+” and will receive 70% of its original Base Value.

Bonus (2 points)

A bonus is awarded a maximum of one (1) time in Free Skating. Bonus is awarded when two (2) different triple jumps are approved, approved with q or approved under-rotated (<). *NB only in DK.*

Program Components (5), 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 a maximum of three (3) times in Free Skating (last three (3) performed jump elements).

4.2.3 Junior Men – SHORT PROGRAM

Age requirement: Not reached 19 years of age as of 1st July 2021, born 1st of July 2002 or later – however, no younger than 14 years by 01.07.21

Test requirement: Gold

Length of program: 2.40 min ± 10 sec

- a) Double Axel or triple Axel
- b) Double or triple Flip
- 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 jump combination can consist of the same or two (2) different types of jumps but must be different from the jumps used in (a) and (b).

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

Program Components (5), 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 Short Program (last performed jump element).

4.2.4 Junior Men – FREE SKATING

Age requirement: Not reached 19 years of age as of 1st July 2021, born 1st of July 2002 or later – however, no younger than 14 years by 01.07.21

Test requirement: Gold

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

- a) Max.7 jump elements
One must be an Axel or Axel-type jump
Max. 3 jump combinations or sequences. Only one of the jump combinations may consist of 3 jumps and the other 2 may consist of 2 jumps.
- b) Max. 3 different spins
One must be a spin combination (min. 10 revolutions), one flying spin or a spin with a flying entrance (min. 6 revolutions) and one spin in one basic position (min. 6 revolutions)
- c) Max. 1 Step Sequence

Note

All double jumps (incl. double Axel) may only be included twice in Free Skating (either as a solo jump or as a part of a jump combination or –sequence).

Of all triple and quadruple jumps only two (2) can be executed twice. Of the two (2) repetitions only one (1) can be a quadruple jump. If at least one of these executions is in a jump combination or a jump sequence, both executions are evaluated in a regular way. If both executions are as solo jumps, the second of these solo jumps will be marked with the sign “REP+” and will receive 70% of its original Base Value.

Bonus (2 points)

A bonus is awarded a maximum of one (1) time in Free Skating. Bonus is awarded when two different triple jumps are approved, approved with q or approved under-rotated (<). *NB only in DK.*

Program Components (5), factor: 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 a maximum of three (3) times in Free Skating (last three (3) performed jump elements).

4.3 NOVICE M-SKATERS

4.3.1 Novice Girls – SHORT PROGRAM

Age requirement: Not reached 15 years of age as of 1st July 2021, born 1st July 2006 or later – however, no younger than 13 years by 01.07.21

Test requirement: Silver

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

- a) Single or double Axel
- b) Optional 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 (min. 6 revolutions) with no change of foot, flying entrance not allowed
- e) Spin combination with only one change of foot (min. 5 revolutions on each foot) flying entrance allowed
- f) One Step Sequence

Note

The solo jump (b) must be different from the one used in (a) and different from the jumps in the jump combination (c). The jump combination can consist of the same or two (2) different types of jumps.

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

Bonus

A bonus of 1 point is awarded a maximum of two (2) times in Short Program – once for a double Axel and once for a triple jump. Bonus is awarded for an attempt of 2A and a triple jump, which is approved or approved with g, no matter how many times the jump has been attempted prior in the program. NB! b must added directly at the element!

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 0,8

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max. 8 skaters in a warm-up group

4 minutes warm-up

4.3.2 Novice Girls – FREE SKATING

Age requirement: Not reached 15 years of age as of 1st July 2021, born 1st July 2006 or later – however, no younger than 13 years by 01.07.21

Test requirement: Silver

Length of program: 3 min ± 10 sec

- a) Max.6 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. Only one (1) of the jump combinations may consist of three (3) jumps and the other may consist of two (2) jumps.
- b) Max. 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) Max. 1 Step Sequence

Note

Any single, double or triple jump may not be attempted more than twice during Free Skating.

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. Quadruple jumps are not allowed.

Bonus

A bonus of 1 point is awarded a maximum of two (2) times in Short Program – once for a double Axel and once for a triple jump. Bonus is awarded for an attempt of 2A and a triple jump, which is approved or approved with q, no matter how many times the jump has been attempted prior in the program. NB! b must added directly at the element!

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 1,6

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max. 8 skaters in a warm-up group

5 minutes warm-up

4.3.3 Novice Boys – SHORT PROGRAM

Age requirement: Not reached 15 years of age as of 1st July 2021, born 1st July 2006 or later – however, no younger than 13 years by 01.07.21

Test requirement: Silver

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

- a) Single or double Axel
- b) Optional 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) Camel, sit or upright spin with change of foot (min. 5 revolutions on each foot), 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 the one used in (a) and different from the jumps in the jump combination (c). The jump combination can consist of the same or two (2) different types of jumps.

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

Bonus

A bonus of 1 point is awarded a maximum of two (2) times in Short Program – once for a double Axel and once for a triple jump. Bonus is awarded for an attempt of 2A and a triple jump, which is approved or approved with q, no matter how many times the jump has been attempted prior in the program. NB! b must added directly at the element!

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 0,9

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max. 8 skaters in a warm-up group

4 minutes warm-up

4.3.4 Novice Boys – FREE SKATING

Age requirement: Not reached 15 years of age as of 1st July 2021, born 1st July 2006 or later – however, no younger than 13 years by 01.07.21

Test requirement: Silver

Length of program: 3 min ± 10 sec

- a) Max.6 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. Only one (1) of the jump combinations may consist of three (3) jumps and the other may consist of two (2) jumps.
- b) Max. 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) Max. 1 Step Sequence

Note

Any single, double or triple jump may not be attempted more than twice during Free Skating.

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. Quadruple jumps are not allowed.

Bonus

A bonus of 1 point is awarded a maximum of two (2) times in Short Program – once for a double Axel and once for a triple jump. Bonus is awarded for an attempt of 2A and a triple jump, which is approved or approved with g, no matter how many times the jump has been attempted prior in the program. NB! b must added directly at the element!

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 1,6

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max.8 skaters in a warm-up group

5 minutes warm-up

4.4 DEBS M-SKATERS

4.4.1 Debs Girls – SHORT PROGRAM

Age requirement: Not reached 13 years of age as of 1st July 2021, born 1st July 2008 or later

Test requirement: Bronze

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

- a) Single or double Axel
- b) Optional double jump or triple 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 (min. 6 revolutions), with no change of foot, 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 the one used in (a) and different from the jumps in the jump combination (c). The jump combination can consist of the same or two different types of jumps.

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 0,8

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max.8 skaters in a warm-up group

4 minutes warm-up

4.4.2 Debs Girls – FREE SKATING

Age requirement: Not reached 13 years of age as of 1st July 2021, born 1st July 2008 or later

Test requirement: Bronze

Length of program: 3.00 minutes ± 10 seconds

- a) Max.6 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. The jump combinations may only consist of two (2) jumps.
- b) Max. 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) Max. 1 Step Sequence

Note

Any single, double or triple jump may not be attempted more than twice during Free Skating.

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. Quadruple jumps are not allowed.

Bonus (2 points)

A bonus of 2 points is awarded a maximum of two (2) times in Free Skating – once for a double Axel and once for a triple jump. Bonus is awarded for an attempt on 2A and a triple jump, which is approved, approved with q or approved under-rotated (<), no matter how many times the jump has been attempted prior in the program. NB only in DK.

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 1,6

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max.8 skaters in a warm-up group

5 minutes warm-up

4.4.3 Debs Boys– SHORT PROGRAM

Age requirement: Not reached 13 years of age as of 1st July 2021, born 1st July 2008 or later

Test requirement: Bronze

Length of program: 2 min and 20 sec \pm 10 sec

- a) Single or double Axel
- b) Optional double jump or triple jump – 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) Camel, sit or upright spin with change of foot (min. 5 revolutions on each foot), 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 the one used in (a) and different from the jumps in the jump combination (c). The jump combination can consist of the same or two different types of jumps.

Jumps that do not fulfill the requirements – wrong jump or number of revolutions – will receive no value. It will count as an attempt and will block a jumping box.

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 0,9

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max.8 skaters in a warm-up group

4 minutes warm-up

4.4.4 Debs M Boys – FREE SKATING

Age requirement: Not reached 13 years of age as of 1st July 2021, born 1st July 2008 or later

Test requirement: Bronze

Length of program: 3.00 minutes ± 10 seconds

- a) Max.6 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. The jump combinations may only consist of two (2) jumps.
- b) Max. 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) Max. 1 Step Sequence

Note

Any single, double or triple jump may not be attempted more than twice during Free Skating.

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. Quadruple jumps are not allowed.

Bonus (2 points)

A bonus of 2 points is awarded a maximum of two (2) times in Free Skating – once for a double Axel and once for a triple jump. Bonus is awarded for an attempt on 2A and a triple jump, which is approved, approved with q or approved under-rotated (<), no matter how many times the jump has been attempted prior in the program. NB only in DK.

In elements with levels, a maximum of level 3 can be awarded.

Program Components (4), factor: 1,8

Skating Skills, Transitions, Performance, Interpretation of the Music

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max. 8 skaters in a warm-up group

5 minutes warm-up

4.5 SPRINGS M-SKATERS

4.5.1 Springs Girls and Boys – FREE SKATING

Age requirement: Not reached 12 years of age as of 1st July 2021, born 1st July 2009 or later

Test requirement: Bronze

Length of program – **Girls and Boys**: 2 min and 30 sec ± 10 seconds

- a) Max. 5 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. Jump combinations may only consist of two (2) jumps.
- b) Max. 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) Max. 1 Step Sequence

Note

Any single-, double- or triple jump may not be attempted more than twice during Free Skating.

Bonus (2 points)

A bonus of 2 points is awarded a maximum of one (1) time in Free Skating. Bonus is awarded for an attempt on 2A, which is approved, approved with g or approved under-rotated (<), no matter how many times the jump has been attempted prior in the program. NB only in DK.

In elements with levels, a maximum of level 3 can be awarded.

Program Components (2), factor: 2,5

Skating Skills, Performance

Falls:

A fall will give a deduction of 0,5 points.

Warm-up:

Max.8 skaters in a warm-up group

5 minutes warm-up

Girls and boys will compete in the same group

4.6 CUBS M-SKATERS

4.6.1 Cubs Girls and Boys – FREE SKATING

Age requirement: Not reached 10 years of age as of 1st July 2021, born 1st July 2011 or later - however, no younger than 8 years as of 1st July 2021

Test requirement: Basic II

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

- a) Max. 5 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. Jump combinations may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Any single or double jump may not be attempted more than twice during Free Skating.

Bonus (2 points)

A bonus of 2 points is awarded a maximum of one (1) time in Free Skating. Bonus is awarded for an attempt on 2A, which is approved, approved with q or approved under-rotated (<), no matter how many times the jump has been attempted prior in the program. NB only in DK.

In elements with levels, a maximum of level 2 can be awarded.

Program Components (2), factor: 2,5

Skating Skills, Performance

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max. 8 skaters in a warm-up group

5 minutes warm-up

Girls and boys will compete in the same group

5.0 PROGRAM REQUIREMENTS FOR SKATERS IN K-GROUPS

5.1 SENIOR K-SKATERS

5.1.1 Senior K2 Women and Men – FREE SKATING

Age requirement: No younger than 16 years as of 1st July 2021. No other age requirement

Test requirement: Basic I

Length of program - Women and Men: 3 min ± 10 sec

- a) Max. 6 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. One jump combination may consist of three (3) jumps. One jump combination may consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Any single, double or triple jump may not 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 awarded.

Bonus (2 points)

A bonus of 2 points is awarded a maximum of two (2) times in Free Skating. The bonus is given one time for 2A which is approved, approved with a q or under rotated (<) and one time for a jump combination consisting of three (3) double jumps which are all approved, approved with a q or under rotated (<), no matter how many times the jump and jump combination has been attempted prior in the program.

Program Components (5), factor: Women: 1,6, Men: 2,0

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

Falls:

A fall will give a deduction of 1,0 points.

Warm-up:

5 minutes warm-up

5.1.2 Senior K1 Women and Men – FREE SKATING

Age requirement: No younger than 16 years as of 1st July 2021. No other age requirement

Test requirement: Basic I

Length of program – Women and Men: Max 3 min and 10 sec

- a) Max. 6 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Only single Axel and single jumps are allowed. Any additional attempt to perform a double jump will receive an *, thus no value, but will count in the total number of jump elements (occupy a jump box).

Any jump may not 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 2 can be awarded.

Program Components (3), factor: Women: 1,7 Men: 2,0

Skating Skills, Performance, Composition

Falls:

A fall will give a deduction of 0,5 points.

Warm-up:

5 minutes warm-up

5.2 JUNIOR K-SKATERS

5.2.1 Junior K3 Women and Men – FREE SKATING

Age requirement: Not reached 19 years of age as of 1st July 2021, born 1st of July 2002 or later – however, no younger than 14 years by 01.07.21

Test requirement: Basic I

Length of program - Women and Men: 3 min ± 10 sec

- a) Max. 6 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. One jump combination/sequence may consist of three (3) jumps and the other jump combination/sequence may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Any single, double or triple jump may not 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 awarded.

Bonus (2 points)

A bonus of 2 points is awarded a maximum of two (2) times in Free Skating. The bonus is given one time for 2A which is approved, approved with a q or under rotated (<) and one time for a jump combination consisting of three (3) double jumps which are all approved, approved with a q or under rotated (<), no matter how many times the jump and jump combination has been attempted prior in the program.

Program Components (5), factor: Women: 1,6 Men: 2,0

Skating Skills, Transitions, Performance, Compositions, Interpretation of the Music

Falls:

A fall will give a deduction of 1,0 points

Warm-up:

5 minutes warm-up

5.2.2 Junior K2 Women and Men – FREE SKATING

Age requirement: Not reached 19 years of age as of 1st July 2021, born 1st of July 2002 or later – however, no younger than 14 years by 01.07.21

Test requirement: Basic I

Length of program - Women and Men: 3 min ± 10 sec

- a) Max. 6 jump elements
Maximum two (2) jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max.2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max.1 Step Sequence

Note

The skater may only attempt one (1) single Axel and two (2) double jumps in Free Skating. Any additional attempt to perform a double jump will receive an *, thus no value, but will count in the total number of jump elements (cf. max. number of jump elements (a))

Any single and double jump may not be attempted more than twice. There is no requirement for repetitions to be in jump combination or sequence.

It is not allowed to attempt jump combinations consisting of two (2) double jumps.

In elements with levels, a maximum of level 3 can be awarded.

Program Components (3), factor: Women: 1,6 Men: 2,0
Skating Skills, Performance, Composition

Falls:

A fall will give a deduction of 1,0 points

Warm-up:

5 minutes warm-up

5.2.3 Junior K1 Women and Men – FREE SKATING

Age requirement: Not reached 19 years of age as of 1st July 2021, born 1st of July 2002 or later – however, no younger than 14 years by 01.07.21

Test requirement: Basic I

Length of program – Women and Men: Max. 3 min and 10 sec

- a) Max. 6 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Only single Axel and single jumps are allowed. Any attempt to perform a double jump will receive an *, thus no value, but it will count in the total number of jump elements (occupy a jump box).

Any jump may not 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 2 can be awarded.

Program Components (3), factor: Women: 1,7, Men: 2,0

Skating Skills, Performance, Composition

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

5 minutes warm-up

5.3 NOVICE K-SKATERS

5.3.1 Novice K3 Girls and Boys – FREE SKATING

Age requirement: Not reached 15 years of age as of 1st July 2021, born 1st July 2006 or later – however, no younger than 13 years by 01.07.21

Test requirement: Basic I

Length of program – **Girls and Boys**: 3 min ± 10 sec

- a) Max. 6 jump elements
One must be an Axel or Axel-type jump
Max. 2 jump combinations or sequences. One jump combination/sequence may consist of three (3) jumps and the other jump combination/sequence may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Any single, double or triple jump may not 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 awarded.

Bonus (2 points)

A bonus of 2 points is awarded a maximum of one (1) time in Free Skating. The bonus is given one time for 2A which is approved, approved with a q or under rotated (<) and one time for a jump combination consisting of three (3) double jumps which are all approved, approved with a q or under rotated (<), no matter how many times the jump combination has been attempted prior in the program.

Program Components (4) factor: Girls: 1,6 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

5.3.2 Novice K2 Girls and Boys – FREE SKATING

Age requirement: Not reached 15 years of age as of 1st July 2021, born 1st July 2006 or later – however, no younger than 13 years by 01.07.21

Test requirement: Basic I

Length of program – **Girls and Boys**: 3 min ± 10 sec

- a) Max. 6 jump elements
Maximum two (2) jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max.2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max.1 Step Sequence

Note

The skater may only attempt one (1) single Axel and two (2) double jumps in Free Skating. Any additional attempt to perform a double jump will receive an *, thus no value, but will count in the total number of jump elements (cf. max. number of jump elements (a))

Any single and double jump may not be attempted more than twice. There is no requirement for repetitions to be in jump combination or sequence.

It is not allowed to attempt jump combinations consisting of two (2) double jumps.

In elements with levels, a maximum of level 3 can be awarded.

Program Components (3), factor: Girls: 1,7 Boys: 2,0
Skating Skills, Performance, Composition

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max. 8 skaters in a warm-up group
5 minutes warm-up

5.3.3 Novice K1 Girls and Boys – FREE SKATING

Age requirement: Not reached 15 years of age as of 1st July 2021, born 1st July 2006 or later – however, no younger than 13 years by 01.07.21

Test requirement: Basic I

Length of program - **Girls and Boys**: Max 3 min and 10 sec

- a) Max. 6 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Only single Axel and single jumps are allowed. Any attempt to perform a double jump will receive an *, thus no value, but it will count in the total number of jump elements (occupy a jump box).

Any jump may not 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 2 can be awarded.

Program Components (3), factor: Girls: 1,7, Boys: 2,0

Skating Skills, Performance, Composition

Falls:

A fall will give a deduction of 0,5 points

Warm-up:

Max. 8 skaters in a warm-up group

5 minutes warm-up

5.4 DEBS K-SKATERS

5.4.1 Debs K2 Girls and Boys – FREE SKATING

Age requirement: Not reached 13 years of age as of 1st July 2021, born 1st July 2008 or later

Test requirement: Basic I

Length of program – **Girls and Boys**: 3 min ± 10 sec

- a) Max. 6 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Any jump may not 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 2 can be awarded.

Program Components (2), factor: 2,5

Skating Skills, Performance

Falls:

A fall will give a deduction of 0,5 points

Warm-up.

Max. 8 skaters in a warm-up group

5 minutes warm-up

5.4.2 Debs K1 Girls and Boys – FREE SKATING

Age requirement: Not reached 13 years of age as of 1st July 2021, born 1st July 2008 or later

Test requirement: Basic I

Length of program – **Girls and Boys**: Max. 3 min and 10 sec

- a) Max. 6 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Only single Axel and single jumps are allowed. Any attempt to perform a double jump will receive an *, thus no value, but it will count in the total number of jump elements (occupy a jump box).

Any jump may not 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 2 can be awarded.

Program Components (2), factor: 2,5

Skating Skills, Performance

Falls:

A fall will give a deduction of 0,5 points

Warm-up.

Max. 8 skaters in a warm-up group

5 minutes warm-up

5.5 SPRINGS K-SKATERS

5.5.1 Springs K2 Girls and Boys – FREE SKATING

Age requirement: Not reached 12 years of age as of 1st July 2021, born 1st July 2009 or later

Test requirement: Basic I

Length of program – **Girls and Boys**: 2 min and 30 sec ± 10 sec

- a) Max. 5 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Any jump may not 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 2 can be awarded.

Program Components (2), factor: 2,5

Skating Skills, Performance

Falls:

A fall will give a deduction of 0,5 points

Warm-up.

Max. 8 skaters in a warm-up group

5 minutes warm-up

Girls and boys will compete in the same group

5.5.2 Springs K1 Girls and Boys – FREE SKATING

Age requirement: Not reached 12 years of age as of 1st July 2021, born 1st July 2009 or later

Test requirement: Basic I

Length of program – **Girls and Boys**: 2 min and 30 sec ± 10 sec

- a) Max. 5 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- b) Max. 2 different spins
The spins must have different abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- c) Max. 1 Step Sequence

Note

Only single Axel and single jumps are allowed. Any attempt to perform a double jump will receive an *, thus no value, but it will count in the total number of jump elements (occupy a jump box).

Any jump may not 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 2 can be awarded.

Program Components (2), factor: 2,5

Skating Skills, Performance

Falls:

A fall will give a deduction of 0,5 points

Warm-up.

Max. 8 skaters in a warm-up group

5 minutes warm-up

Girls and boys will compete in the same group

5.6 CUBS K-SKATERS

5.6.1 Cubs K Girls and Boys – FREE SKATING

Age requirement: Not reached 10 years of age as of 1st July 2021, born 1st July 2011 or later - however, no younger than 8 years as of competition start.

Test requirement: Basic I

Length of program – **Girls and Boys**: Max. 2 min and 40 sec

- d) Max. 4 jump elements
Max. 2 jump combinations or sequences. Jump combinations/sequences may only consist of two (2) jumps.
- e) Max. 2 spins
The spins may have the same abbreviations, change of foot and flying entrance is allowed. Spins in one basic position with no change of foot (min. 3 revolutions), spins in one basic position with a change of foot (min. 3 revolutions on each foot), spin combinations with a change of foot or no change of foot (min. 6 revolutions in total)
- f) Max. 1 Step Sequence

Note

Any jump may not 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 2 can be awarded.

Program Components (2), factor: 2,5

Skating Skills, Performance

Falls:

A fall will give a deduction of 0,5 points

Warm-up.

Max. 8 skaters in a warm-up group

4 minutes warm-up

Girls and boys will compete in the same group

6 PROGRAM COMPONENTS

Program Components are given on a scale from 0,25 to 10 with intervals of 0,25. The Program Components consists of; Skating Skills, Transitions, Performance, Composition and Interpretation of the Music

Group (M)	Number of components	Components	Factor
Senior	5	Skating Skills Transitions Performance Composition Interpretation of the Music	Women: Short Program 0,8 Free Skating 1,6 Men: Short program 1,0 Free Skating 2,0
Junior	5	Skating Skills Transitions Performance Composition Interpretation of the Music	Women: Short Program 0,8 Free Skating 1,6 Men: Short Program 1,0 Free Skating 2,0
Novice	4	Skating Skills Transitions Performance Interpretation of the Music	Girls: Short Program 0,8 Free Skating 1,6 Boys: Short Program 0,9 Free Skating 1,8
Debs	4	Skating Skills Transitions Performance Interpretation of the Music	Girls: Short Program 0,8 Free Skating 1,6 Boys: Short Program 0,9 Free Skating 1,8
Springs	2	Skating Skills Performance	Girls and Boys: Free Skating: 2,5
Cubs	2	Skating Skills Performance	Girls and Boys: Free Skating: 2,5

Group (K)	Number of components	Components	Factor
Senior K2, Junior K3	5	Skating Skills Transitions Performance Composition Interpretation of the Music	Women: Free Skating 1,6 Men: Free Skating 2,0
Novice K3	4	Skating Skills Transitions Performance Interpretation of the Music	Women: Free Skating 1,6 Men: Free Skating 1,8
Senior K1, Junior K1 og K2 Novice K1 og K2	3	Skating Skills Performance Composition	Women/Girls: Free Skating 1,7 Men/Boys: Free Skating 2,0
Debs	2	Skating Skills Performance	Girls and Boys: Free Skating 2,5
Springs	2	Skating Skills Performance	Girls and Boys: Free Skating: 2,5
Cubs	2	Skating Skills Performance	Girls and Boys: Free Skating: 2,5

7 OUTLINE/OVERVIEW OF WARM-UP GROUPS

Groups (M)	Warm up time	Max. skaters	Deduction for falls	Max. level
Senior	6 min	6	Falls 1-2: 1 Falls 3-4: 2 Falls 5->: 3	4
Junior	6 min	6	1,0	4
Novice	4 min Short Program 5 min Free Skating	8	0,5	3
Debs	4 min Short Program 5 min Free Skating	8	0,5	3
Springs	5 min	8	0,5	3
Cubs	5 min	8	0,5	2

Groups (K)	Warm up time	Max. skaters	Deduction for falls	Max. level
Senior (K2) Junior (K3) Novice (K3)	5 min	Junior/senior: 6 Novice: 8	Junior/senior: 1,0 Novice: 0,5	4
Junior (K2)	5 min	6	1,0	3
Novice (K2)	5 min	8	0,5	3
Senior (K1), Junior (K1), Novice (K1)	5 min	Junior/senior: 6 Novice: 8	0,5	2
Debs	5 min	8	0,5	2
Springs	5 min	8	0,5	2
Cubs	4 min	8	0,5	2

Debs and Novice (M) Boys can warm-up together in the same warm-up group. Likewise Junior and Senior (M) Men can warm-up together in the same warm-up group.

Debs, Novice, Junior and Senior (K) Boys and Men can warm-up together in the same warm-up group.

In both M-groups and K-groups Girls/Women and Boys/Men can warm-up together in the same warm-up group, as long as the number of skaters per warm-up group do not exceed the maximum allowed in the correlating age group. I.e. 3 senior Women can warm-up together with 2 Senior Men. (NB only in DK)

7.1 SIZE OF WARM-UP GROUPS DEPENDENT ON NUMBER OF PARTICIPANTS

Number of participants	Groups with a max. of 6 skaters in each warm up group	Groups with a max. of 8 skaters in each warm up group
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

8 RULES FOR START AND RE-START

8.1 START

(Equivalent to the ISU rule number 350 paragraph 2)

The skater starts each part of the competition (Short Program and Free Skating) at the latest 30 seconds after the name of the skater is announced. If the skater has not taken their starting position within the 30 seconds after the name of the skater is announced, the referee will give a deduction of – 1.0 point (for the period of 31 – 60 seconds after the name of the skater is announced). If the skater has not taken their starting position 1 minute after the name of the skater has been announced, the skater will be considered as withdrawn from the competition.

In case that the skater cannot start their program due to an circumstances related to the skater, the referee shall allow a 3-minute recess and give a deduction correlating to a recess.

If the first skater in a group cannot start their program after a warm-up due to an circumstances related to the skater, the referee shall allow a 3-minute recess before the skater is announced. There will not be given any deduction in this instance.

8.2 RESTART

(Equivalent to the ISU rule number 515)

If the quality or the tempo of the music is inadequate, a restart can only happen if the skater addresses the referee within 20 seconds after the start of the program. In this case the judging of the skater will commence when the program starts regardless of any prior judging.

In case of any interruption in the music or other circumstances not related to the skater or the skater's equipment, e.g. power outage, the skater must then stop skating at the whistle of the referee. The skater must continue their program from the time of the interruption immediately after the problem is solved. If the interruption is longer than 10 minutes, there shall be a warm-up for the warm-up group.

In case the skater sustains any injuries or other circumstances where the skater or the skater's equipment is at fault, e.g. health or unexpected damage to the costume or equipment that prevents the skater from continuing with the program, the skater must stop. If the skater does not stop themselves, they must stop at the whistle from the referee. In this case there will be to possibilities for re-start:

- If the circumstances can be mended without delay and the skater continues to skate without addressing the referee, there will be given a deduction for the interruption, correlating to the duration of the interruption. If the skater does not resume their program within 40 seconds the referee shall stop the music and give the skater 3 minutes recess. The skater will receive a deduction correlating to 3 minutes recess.
- If circumstances cannot be rectified promptly and the skater addresses the referee within 40 seconds the skater will be given up to 3 minutes to mend the problem and resume the program. In this case the music will be stopped. In the following groups Senior M, Junior M, Senior K2 and Junior K3 the referee will give the skater a deduction of – 5,0 points. In the case of any other group the referee will give the skater a deduction of – 2,5 points. If the skater does not resume their program within the 3 minutes, the skater will be considered as withdrawn from the competition.

It is only allowed to restart or continue the program once. If an additionally interruption happens, that is related to the skater or the skater's equipment, the skate will be considered as eliminated.

If a skater does not complete the program, there will be given no points and the skater will be considered as eliminated.

9 RULES FOR TIME DEDUCTION

The time of the program is estimated from when the skater starts moving or starts skating, until the program is ended with a full stop.

Short program

Any element that is commenced after the maximum time duration of the program will be considered as left out (excluded). If the skater exceeds the maximum time duration of the program, there will be given a time deduction of -1,0 point every 5 seconds, as the skater exceeds the maximum time duration of the program.

Free Skating

If the skater skates a program, that is either too short or too long according to the allowed time duration in the correlating age group, there will be given a time deduction of -1.0 point every 5 second the program is either too short or too long. All elements that start after the maximum time duration of the program will not be considered as executed and will therefore not any value or points. If the program is more than 30 seconds too short the skater will not receive any points at all.

10 RULES FOR COSTUMES AND MUSIC

10.1 COSTUMES

The costume may not give the impression of exaggerated nudity, which is unsuitable for performing a sport.

Girls and Women may wear a skirt, tights, or pants during the skate. It is not a demand for there to be a skirt on the costume.

Boys and Men must wear pants during the skate. The pants must have full length. It is not a demand for there to be sleeves on the costume.

Accessories and loose parts (e.g. a cane or a non-attached hat) are not allowed. In case of a part of the costume or accessories falls off and onto the ice, the referee will give a deduction of – 1.0 point.

In case the costume does not comply with these rules, if there is majority in the panel of judges there will be given a deduction of – 1.0 point.

10.2 MUSIC

Vocal music is allowed in all groups.

11 OBJECTIONS AND INQUERIES

11.1 OBJECTIONS

An objection must be submitted in writing to the referee at the same time as a depositing of 500 DKK. Objections cannot be submitted based on the assessment of the skater, no matter if it is about assessment by the judges or the assessment by the technical panel.

11.2 INQUERIES

Promptly after the competition is over, questions and comments can verbally be given to the referee. In case the referee wishes for additional time to reflect, the referee and the person asking can make a written exchange. Inquires need not deposit 500 DKK.

12 POINT SYSTEM AT DSU'S GRAND PRIX

Who can participate at DSUs Grand Prix

- a) All M-skaters in the age groups Debs, Novice, Junior, Senior.

Which competitions are included in DSU's Grand Prix

- a) DSU Efterårskonkurrence (DSU-Grand Prix I)
- b) JFM/SM (DSU-Grand Prix II)
- c) DM (DSU-Grand Prix III)
- d) DSU Forårsfinalen (DSU-Grand Prix Finalen)

How do one get in the DSU's Grand Prix Final

- a) The finale consists of the 6 skaters, who are best placed after the DSU-Grand Prix I-III (2a-c). The finale can only be conducted, if there are at least 2 participants (qualified) in the group.
- b) It is required to compete in at least 2 of DSU's Grand Prix-competitions (2a-c), whereas one of the competitions must be DM, to qualify for the finale.
- c) Those skaters in each with the highest final score in 2 of the DSU-Grand Prix-competitions (2a-c) will qualify for participation in the DSU-Grand Prix Finale, which is to be conducted along with the Forårsfinale (for number of participants see 3a). Only the 2 competitions with the best results, will count in the qualification. The finale will be held as a separate competition.

How do the Finale take place in the DSU's Grand Prix

- a) The qualified skaters will skate in a separate group and will not participate in Forårsfinalen
- b) There will not be a draw for the starting numbers for the participants in the DSU's Grand Prix Finale. The participants will skate in reversed order of the qualification order, hence the skater, who is placed number 6 after the DSU Grand Prix I-III, will skate as number 1 in the Finale, and the skater, who is placed number 5 after the DSU Grand Prix I-III, will skate as number 2 in the Finale and so on. (see table 1 below).
- c) The points from the earlier DSU Grand Prix competitions will be reset before the DSU Grand Prix Finale and the winner of the DSU Grand Prix Finale is the skater with the highest score in the Finale.

How to get points

- a) The DSU Grand Prix points are distributed based on the placement at the competitions mentioned in 2a-c, hence the skater, in any of the given competition places as number 1, will receive 600 points, the skater placing as number 2 will receive 575 points etc. in intervals of 25 points for each placement (see table 2 below). All placements will receive points.
- b) The skaters Grand Prix points will be calculated as the sum of the 2 best placements at the DSU Grand Prix I-III (2a-c).
- c) If there is a draw in placements, the skater with the best placement at DM (DSU Grand Prix III) will get the best placement in the DSU Grand Prix qualification. In case of a draw in placements before DM (DSU Grand Prix III), the skater with the best placement at Efterårskonkurrencen (DSU Grand Prix I), will obtain the best placement.
- d) If a skater completes their Short Program, but does not compete in Free Skating, the skater will receive 10 points.