



REGELBOG FOR SOLODANS
KONKURRENCEREGLER
SÆSON 2025-26

Redaktion: Dansk Skøjte Union, TU danseudvalget

16. udgave – juli 2025

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1.0 ISU REGLER

Det er træner/løbers opgave til enhver tid at ajourføre sig med ISU's nyeste opdateringer. Herunder er link til ISU's hjemmeside, hvor aktuelle dokumenter kan findes:

Special Regulations and Technical Rules for Singles & Pairs and Ice Dance:
<https://www.isu.org/figure-skating-rules/?tab=ISU%20Judging%20System>

ISU solodans dokumenter:
<https://isu-skating.com/figure-skating/events/solo-ice-dance/> samt ISU com. 2698.

Solodans er defineret som en kønsneutral disciplin.

2.0 ALDERS- OG MÆRKEKRAV

2.1 ALDERSSVARENDE ISU-RÆKKER A1

Række	Alderskrav	Mærker
Senior	Skal være fyldt 17 år den 01.07.2025	Gl. mærke: Guld Mønsterdans: Senior Fridans: Senior
Junior	Skal være fyldt 15 år den 01.07.2025 Ikke fyldt 21 år pr. den 01.07.25, født den 01.07.2004 og senere	Gl. mærke: Guld Mønsterdans: Junior Fridans: Junior
Advanced Novice	Skal være fyldt 13 år den 01.07.2025 Ikke fyldt 18 år pr. den 01.07.25, født den 01.07.2007 og senere	Gl. mærke: Sølv Mønsterdans: Advanced Novice Fridans: Advanced Novice
Intermediate Novice	Ikke fyldt 16 år pr. den 01.07.25, født den 01.07.2009 og senere	Gl. mærke: Bronze Mønsterdans: Intermediate Novice Fridans: Intermediate Novice
Basic Novice	Ikke fyldt 14 år pr. den 01.07.25, født den 01.07.2011 og senere	Gl. mærke: Dance 2 Mønsterdans: Basic Novice Fridans: Basic Novice

OBS: Fra sæson 2025-26 skal løbere have bestået de nye mærker for at rykke op i en ny alderssvarende række.

2.2 ÅBNE DSU-RÆKKER A2, B1 & B2

Række	Alderskrav	Mønsterdans-test
Solodans <u>A2</u>	Ingen alderskrav. Er der mere end 10 deltager i en gruppe, deles denne i to eller flere grupper i forhold til alder	Dance 1
Solodans <u>B1</u>		Dance 1
Solodans <u>B2</u>		Dance 1

3.0 MØNSTER-, RYTMISK- OG FRIDANS KRAV

Pattern Dances and Rhythm Dances					
Groups	Basic Novice/B2	Intermediate Novice/B1	Advanced Novice/A2	Junior	Senior
Elements	Willow Waltz - 2 seq. - Seq. 1: Steps B & Seq. 2: Steps A (135 +/- 3 beats/min) Tango Canasta - 2 seq. - (102 - 108 beats/min)*	European Waltz - 2 seq. - Seq. 1: Step A & Seq. 2: Step B (135 +/- 3 beats/min)* Tango - 2 seq. - Seq. 1: Step A, Seq. 2: Steps B (108 +/- 2 beats/min)	Starlight Waltz - 2 seq. (4 sec.) - Seq. 1: Steps A & Seq. 2: Steps B (174 +/- 3 beats/min) Quickstep - 2 seq. (112 +/- 2 beats/min) and one Choreographic Element must be complete within one minute. After the last step of the Pattern Dance, the couple must reach their finale pose within 20 seconds according to Rule 707, para 7*	<i>Skated to Social Dances and Styles of the 1990s.</i> Rhumba* - 1 seq. and immediately followed by 1 seq. of Quickstep min. 120 beats/min 1 MiSt/DiSt 1 SqTw 1 Ee	<i>Skated to music: Social dances of the 1990s</i> 1 ChRS* 1 PSt in a circular shape min. 120 beats/min** 1 MiSt/DiSt 1 SqTw 1 Ee
Notes and PD to be skated by A2, B1 & B2	<u>*To be skated by B2</u>	<u>*To be skated by B1</u>	<u>*To be skated by A2</u>	<u>*New timing</u>	*Only one stop in the beginning or end no more than 5 sec. **PSt: Must contain four different difficult turns (back entry Rocker, Counter, Bracket and forward entry outside Mohawk)
No. elements	2+2	2+4	2+3	5	
Max. level	1	2	3	4	
Deduction	0,5			1,0	
Components	Ti, Pr, SS (0,7)		Ti, Pr, SS (0,93)		Co, Pr, SS (1,33)
Factor PD	0,5	0,75	1,00		
Time				2:50 min +/- 10 sec	
Warm up	3 min - max. 8 skaters		3 min - max. 6 skaters	4 min - max. 6 skaters	

Note: All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct the skater to restart on the correct side without deduction. The first step of the dance must be on beat 1 of a measure. For diagrams see ISU webpage.

Free Dance					
Groups	Basic Novice & B2	Intermediate Novice & B1	Advanced Novice & A2	Junior	Senior
Elements	1 Ee 1 DSp 1 SqTw 1 ChSt - performed on the short axis*	1 Ee 1 DSp 1 SqTw 1 ChSt - performed on the long axis* 1 Ch-element**	1 Ee 1 DSp 1 SqTw 1 MiSt/DiSt/CiSt* 2 Ch-elements	2 different types Ee*/1 Ee combo 1 DSp** 1 SoTw*** 1 MiSt/DiSt/CiSt/SeSt**** 1 OFT 2 different Ch-elements	3 different types Ee/1 Ee combo + 1 Ee of different type than used in the Ee combo* 1 DSp** 1 SoTw*** 1 MiSt/DiSt/CiSt/SeSt**** 1 OFT 3 different Ch-element
Notes to elements	DSp: Flying spins or Flying entries are illegal elements				
	*Starting with a stop or skidding movement. Not permitted: Stops, pattern regressions, loops, dance spins and pirouettes, touching the ice with any other part of the body than the blades	* Starting with a stop or skidding movement. Not permitted: Stops, pattern regressions, loops, dance spins and pirouettes, touching the ice with any other part of the body than the blades **Chosen from ChSl, ChSp or ChTw	* Starting with a stop or skidding movement. Not permitted: Stops, loops	*Spiral type may be repeated in a different position **May change feet more than once ***The C feature(s) used in RD cannot be repeated in FD for level ****Not permitted: Stops, loops, retrogression(s)	*Spiral type may be repeated in a different position **May change feet more than once ***The C feature(s) used in RD cannot be repeated in FD for level ****Not permitted: Stops, loops, retrogression(s)
No. elements	4	5	6	8	10
Max. level	1	2	3	4	
Max. level for B2, B1, A2	1	2	4		
Deduction	0,5			1,0	
Components	Co, Pr, SS (1,00)		Co, Pr, SS (1,33)	Co, Pr, SS (2,00)	
Time	1:30 min +/- 10 sec	1:50 min +/- 10 sec	2:20 min +/- 10 sec	3:00 min +/- 10 sec	3:30 min +/- 10 sec
Warm up	3 min		4 min	5 min	
Warm up max. skaters	8 for A1 & B2	6 for A1, A2 & B1			

Note: 1 skater may be added to one group only when there are time constraints with the schedule only at the referee's discretion.