



REGELBOG FOR SOLODANS
KONKURRENCEREGLER
SÆSON 2026-27

Redaktion: Dansk Skøjte Union, Danse Udvalget

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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/>

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 01.07.2026	Gl. mærke: Guld (hvis løberen var senior M før sæson 2025-26) Mønsterdans: Senior Fridans: Senior
Junior	Skal være fyldt 13 år den 01.07.2026 Ikke fyldt 21 år pr. den 01.07.26, født den 01.07.2005 og senere	Gl. mærke: Guld Mønsterdans: Junior Fridans: Junior
Advanced Novice	Skal være fyldt 10 år den 01.07.2026 Ikke fyldt 18 år pr. den 01.07.26, født den 01.07.2008 og senere	Gl. mærke: Sølv Mønsterdans: Advanced Novice Fridans: Advanced Novice
Intermediate Novice	Ikke fyldt 16 år pr. den 01.07.26, født den 01.07.2011 og senere	Gl. mærke: Bronze Mønsterdans: Intermediate Novice Fridans: Intermediate Novice
Basic Novice	Ikke fyldt 14 år pr. den 01.07.26, født den 01.07.2012 og senere	Mønsterdans: Basic Novice Fridans: Basic Novice

2.2 ÅBNE DSU-RÆKKER A2, B1 & B2

Række	Alderskrav	Mønsterdans-test
Solodans A2	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 B1		Dance 1
Solodans B2		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 Fiesta - 2 seq. - (108 +/- 2 beats/min)*	Foxtrot - 2 seq. - Seq. 1: Step A, Seq. 2: Steps B (100 +/- 2 beats/min)* American Waltz - 2 seq. - Seq. 1: Step A & Seq. 2: Step B (198 +/- 3 beats/min)	Paso Doble - 2 seq. (112 +/- 2 beats/min) - Seq. 1: Steps A & Seq. 2: Steps B and one Choreographic exit element** from the following: ChSl, ChTw or ChSp Blues - 2 seq. - Seq. 1: Steps A & Seq. 2: Steps B (88 +/- 2 beats/min)*	Skated to music: Rhythm and Waltz Westminster Waltz 2 sec. - sec 1: Steps 1-12 immediately followed by sec 2: Steps 13-22 of steps A (min 162 beats/min). Step #1 skated at the judges left side 1 MiSt/DiSt 1 SqTw 1 Ee	Skated to music: Rhythm and Waltz 1 Golden Waltz (steps 33-20) with the A steps (min 186 beats/min). Step #33 started on the judges right side past the short axis 1 CDE* 1 CiSt (clockwise) 1 SqTw 1 Ee
Notes and PD to be skated by A2, B1 & B2	<i>*To be skated by B2</i>	<i>*To be skated by B1</i>	<i>*To be skated by A2 **The chosen Choreographic element may not be repeated in the Free Dance</i>		<i>*CDE requirements: From barrier to barrier 1 stop (max 5 sec) 1 ChSl (min 2 sec) Presentation to all 4 sides of the rink</i>
No. elements	2+2	2+2	2+3	5	
Max. level	2	3	4	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.

Note CDE: Touching the ice with any part of the body is permitted only during the required Choreographic Sliding Movement. Any additional touching of the ice is subject to the appropriate fall or illegal element deduction taken by the technical panel. Loops and retrogressions are permitted.

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. <u>1 retrogression or loop is permitted</u> Not permitted: Dance spins and pirouettes, touching the ice with any other part of the body than the blades	* Starting with a stop or skidding movement. <u>1 retrogression or loop is permitted</u> Not permitted: Dance spins and pirouettes, touching the ice with any other part of the body than the blades **Chosen from ChSl, ChSp or ChTw	*Not permitted: Stops, loops, retrogression(s) ChSt: Starting with a stop or skidding movement. <u>1 retrogression or loop is permitted</u>	*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 another position **May change feet more than once *** <u>Consisting of 3 parts.</u> The C feature(s) used in RD cannot be repeated in FD for level ****Not permitted: Stops, loops, retrogression(s) ***** <u>Twizzle cannot be the last turn for level</u>
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.