



**RULEBOOK SINGLE SKATING**

**COMPETITION RULES**

**2024-2025**

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## 1.0 AGE AND TEST REQUIREMENTS

| Group (M) | Age requirements   | Test             |
|-----------|--|------------------|
| Senior    | No younger than 17 years as of 1 <sup>st</sup> July <u>2024</u><br>No other age requirement  | Senior-test      |
| Junior    | Not reached 19 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July <u>2005</u> or later – however, no younger than 15 years by 1 <sup>st</sup> July <u>2024</u> | Junior-test      |
| Novice    | Not reached <u>16 years</u> of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1st July 2008 or later – however, no younger than 13 years by 1 <sup>st</sup> July <u>2024</u>             | Novice-test      |
| Debs*     | Not reached 13 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July <u>2011</u> or later   | Debs-test        |
| Springs   | Not reached 12 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July <u>2012</u> or later   | Springs-test     |
| Cubs      | Not reached 10 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July 2014 or later – however, no younger than 7 years by 1 <sup>st</sup> of July <u>2024</u>      | <u>Cubs-test</u> |

\*NB! Debs group will be obsolete from season 25/26

| Group (K)  | Age requirements   | Test    |
|------------|--|---------|
| Adults K2  | No younger than 24 years as of 1 <sup>st</sup> July <u>2024</u><br>No other age requirement  | Basic 1 |
| Adults K1  |  |         |
| Senior K2  | No younger than 17 years as of 1 <sup>st</sup> July <u>2024</u><br>No other age requirement  |         |
| Senior K1  |  |         |
| Junior K3  | Not reached 19 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July <u>2005</u> or later – however, no younger than 15 years by 1 <sup>st</sup> July <u>2024</u> |         |
| Junior K2  |  |         |
| Junior K1  |  |         |
| Novice K3  | Not reached <u>16 years</u> of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1st July 2008 or later – however, no younger than 13 years by 1 <sup>st</sup> July <u>2024</u>             |         |
| Novice K2  |  |         |
| Novice K1  |  |         |
| Debs K2*   | Not reached 13 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July <u>2011</u> or later<br><br><u>*NB! Debs group will be obsolete from season 25/26</u>        |         |
| Debs K1*   |  |         |
| Springs K2 | Not reached 12 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July <u>2012</u> or later   |         |
| Springs K1 |  |         |
| Cubs K     | Not reached 10 years of age as of 1 <sup>st</sup> July <u>2024</u><br>Born 1 <sup>st</sup> July 2014 or later – however, no younger than 7 years by 1 <sup>st</sup> of July <u>2024</u>      |         |

## **1.1 ACTIVATING TESTS AND CHANGE BETWEEN M- AND K-GROUPS**

The skating season is from 1st July to 30th June. 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**

For more details on activation, rules and specific requirements, please see "DSU's Mærkeprøveserie"

## **2.0 RELEVANT ISU DOCUMENTS**

### **ISU Communication no. 2656**

Regarding: Scale of Values season 2024/2025

<https://isu.org/figure-skating/rules/fsk-communications/34028-isu-communication-2656-1/file>

### **ISU Communication no. 2623**

Regarding: Levels of Difficulty, GOE season 2024/2025

<https://isu.org/figure-skating/rules/fsk-communications/33668-isu-communication-2623/file>

### **ISU Communication no. 2624**

Regarding: Single and pair skating Guidelines for International Novice Competitions for season 2024/2025

<https://isu.org/figure-skating/rules/fsk-communications/33669-isu-communication-2624/file>

### **Technical Panel Handbook 2024-2025, Single Skating**

Regarding: Guidelines and details concerning classification of levels

<https://isu.org/figure-skating/rules/sandp-handbooks-faq/31570-technical-panel-handbook-1/file>

### **Handbook for Referees and Judges 2024-2025, Single Skating**

<https://isu.org/figure-skating/rules/sandp-handbooks-faq/34048-handbook-for-referees-and-judges-2024-25/file>

### **Deductions in Singles and Pairs**

Regarding: Various deductions

<https://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/17596-program-component-chart-sp/file>

### **Special Regulations & Technical Rules, 2022**

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

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

### 3.0 PROGRAM REQUIREMENTS FOR SKATERS IN M- AND K-GROUPS

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

| ISU Setup                          | Groups  |
|------------------------------------|---|
| ISU Senior                         | Senior M  |
| ISU Junior                         | Junior M  |
| ISU Advanced Novice + DK rules     | Debs M<br>Debs K2<br>Novice M<br>Novice K3<br>Junior K3<br>Senior K2<br>Adults K2             |
| ISU Intermediate Novice + DK rules | Springs M<br>Springs K2<br>Novice K2<br>Junior K2   |
| ISU Basic Novice + DK rules        | Cubs M<br>Cubs K<br>Springs K1<br>Debs K1<br>Novice K1<br>Junior K1<br>Senior K1<br>Adults K1 |



## Technical Rules 2024/2025

| FS   | Cubs K, Cubs M,<br>All K1 Groups  | Springs K2, Springs M, Novice<br>K2, Junior K2   | Debs K2, Debs M, Novice M,<br>Senior K2, Adults K2,<br>All K3 Groups                    | Junior M  | Senior M  |
|--|---|--|---|---|---|
| ISU setup  | <i>ISU Basic Novice<sup>1</sup></i>   | <i>ISU Intermediate Novice<sup>1</sup></i>   |   |   |   |
| <u>K-group limitations</u><br>(M groups have no limitations) | <i>Only single jumps for K1.<br/>Cubs K has no limitations</i>                      | <i>Max. two double jumps in<br/>Novice K2 and Junior K2.<br/>Springs K2 has no limitations</i> | <i>ISU Advanced Novice<sup>2</sup></i>  | <i>ISU Junior<sup>3</sup></i>   | <i>ISU Senior<sup>3</sup></i>   |
| Elements   | Max. 5 jumps  | Max. 5 jumps   | Max. 6 Jumps  | Max. 7 Jumps  | Max. 7 Jumps  |
|  | One Axel type jump<br>Max. 2 Combo or<br>1 Combo + 1 Seq<br>(only 2-jump Combo/Seq) | One Axel type jump<br>Max. 2 Combo or<br>1 Combo + 1 Seq<br>(only 2-jump Combo/Seq)            | One Axel type jump<br>Max. 2 Combo or<br>1 Combo + 1 Seq<br>(Only one 3-jump Combo/Seq) | One Axel type jump<br>Max. 3 Combo or<br>2 Combo + 1 Seq<br>(Only one 3-jump Combo/Seq) | One Axel type jump<br>Max. 3 Combo or<br>2 Combo + 1 Seq<br>(Only one 3-jump Combo/Seq) |
|  | (F)(C) <u>CoSp</u> 6/8 rev. <sup>4</sup>  | (C) <u>CoSp</u> 6/8 rev. <sup>4</sup>  | <u>CCoSp</u> 8 rev.   | (F)(C) <u>CoSp</u> 10 rev.  | (F)(C) <u>CoSp</u> 10 rev.  |
|  | <u>Spin</u> in one position 6 rev. <sup>5</sup>                                     | (F)(C) Spin in one position 6/8  | <u>FCSp/FCCSp</u> 6 rev.  | (C) Flying entry Spin 6 rev.  | (C) Flying entry Spin 6 rev.  |
|  |   |  |   | (F)(C) Spin in one position 6 rev.  | (F)(C) Spin in one position 6 rev.  |
|  | <u>StSq</u> <sup>6</sup>  | <u>StSq</u> <sup>6</sup>   |   |   | <u>StSq</u>   |
|  |   |  | <u>ChSq</u>   | <u>ChSq</u>   | <u>ChSq</u>   |
| No. of elements  | 8   | 8  | 9   | 11  | 12  |
| Max. Level   | 2   |  | 3<br>(4 for Senior K2 and Adults K2)  | 4   |   |
| Bonus  |   |  | 2A=1p, 3-jump=1p,<br>2 <sup>nd</sup> diff. 3-jump=1p <sup>7</sup>                       |   |   |
| Deductions   | Fall outside element: 0.5<br>Fall in element: No deduction, but will be called      |  |   | 1.0   | 1st and 2nd fall: -1.0<br>3rd and 4th fall: -2.0<br>5th fall and above: -3.0            |
| Components (F)   | Co, Pr, SS (1.67)   | Co, Pr, SS (G/W: 1.7, B/M: 2.0)<br>Springs: Co, Pr, SS (G/B): 1.7                              | Co, Pr, SS (G/W: 2.13, B/M:<br>2.40)  | Co, Pr, SS (G/W: 1.7, B/M: 2.0)   | Co, Pr, SS (W: 2,67, M: 3,33)   |
| Time   | 2.30 +/- 10 sec   | 3.00 +/- 10 sec  |   | 3.30 +/- 10 sec   | 4.00 +/- 10 sec   |
| Warm up  | 4 min. Max. 8 skaters<br>Junior, Senior, Adults: Max. 6                             | 5 min. Max. 8 skaters<br>Junior, Senior: Max. 6  | 5 min. Max. 8 skaters<br>Junior, Senior, Adults: Max. 6                                 | 6 min<br>Max. 6 skaters   |   |

<sup>1</sup> Only one 1-Jump & one 2-Jump can be done twice, third is (\*). No 3- or 4-Jumps allowed.

<sup>2</sup> 1-, 2- and 3-Jumps can be done twice, third is (\*). Only two 3-Jumps can be repeated either in a Jump Combo or Sequence, if not = +REP. No 4-Jumps allowed. The same type of jump can be included max. three times in Free Skating.

<sup>3</sup> 2-Jumps can be done twice, third is (\*). 3- and 4-Jumps can be done twice with one being in Jump Combo or Sequence, if not = +REP, only one (1) rep can be 4-Jump.

<sup>4</sup> If executed with change of foot, only one level feature per foot will count.

<sup>5</sup> Only in basic position without any difficult variations, will be called max. level basic. Difficult variations may be performed after 6 rev. If executed before, the spin will receive no level.

<sup>6</sup> Must include at least one skating movement. If no skating movement, StSq gets no level. At least two difficult turns and steps on clean edges for level basic. Panel only awards feature 1 and 2.

<sup>7</sup> Max 3p in total in FS - Jumps identified as <, <<, e, \* or have a fall are not eligible for bonus.





## Technical Rules 2024/2025

| SP             | Debs M Girls<br>Novice M Girls  | Debs M Boys<br>Novice M Boys                  | Junior M Women                           | Junior M Men                             | Senior M Women   | Senior M Men  |
|----------------|---|---|--|--|--|---|
| ISU setup      | <i>Novice M: ISU Advanced Novice<sup>8</sup></i>                                    |   | <i>ISU Junior<sup>8</sup></i>            |  | <i>ISU Senior<sup>8</sup></i>  |   |
| DK rules       | <i>Debs M: Advanced Novice setup, but with one 1-Jump Combo allowed<sup>9</sup></i> |   |  |  |  |   |
| Elements       | 1A or 2A  | 1A or 2A                                      | 2A                                       | 2A or 3A                                 | 2A or 3A   | 2A or 3A  |
|                | 2- or 3-jump  | 2- or 3-jump                                  | <u>2F</u> or <u>3F</u>                   | <u>2F</u> or <u>3F</u>                   | 3- jump  | 3- or 4-jump  |
|                | 2+1T <sup>9</sup> , 2+2T, 2+3T<br>Combo-jumps                                       | 2+1T <sup>9</sup> , 2+2T, 2+3T<br>Combo-jumps | 2+2, 3+2, 2+3, 3+3<br>Combo-jumps        | 3+2, 2+3, 3+3<br>Combo-jumps             | 3+2, 2+3, 3+3<br>Combo-jumps   | 3+2, 2+3, 3+3, 4+2,<br>4+3, 2+4, 3+4<br>Combo-jumps             |
|                | <u>LSp</u> , <u>SSp</u> 6 rev.  | <u>CSSp</u> (5+5 rev)                         | <u>FCSp</u> 8 rev.                       | <u>FCSp</u> 8 rev.                       | <u>FCSp</u> , <u>FSSp</u> , <u>FUSp</u> , <u>FLSp</u><br>8 rev.              | <u>FCSp</u> , <u>FSSp</u> , <u>FUSp</u> , <u>FLSp</u><br>8 rev. |
|                | <u>CCoSp</u> 5+5 rev.   | <u>CCoSp</u> 5+5 rev.                         | <u>LSp</u> or <u>SSp</u> 8 rev.          | <u>CSSp</u> 6+6 rev.                     | <u>LSp</u> , <u>SSp</u> , <u>CSp</u> 8 rev.                                  | <u>CSSp</u> or <u>CCSp</u> 6+6 rev.                             |
|                |   |   | <u>CCoSp</u> 6+6 rev.                    | <u>CCoSp</u> 6+6 rev.                    | <u>CCoSp</u> 6+6 rev.  | <u>CCoSp</u> 6+6 rev.   |
|                | <u>StSq</u> <sup>10</sup>   | <u>StSq</u> <sup>10</sup>                     | <u>StSq</u>                              | <u>StSq</u>                              | <u>StSq</u>  | <u>StSq</u>   |
| No of elements | 6   |   | 7  |  |  |   |
| Max. Level     | 3   |   | 4  |  |  |   |
| Bonus          | 2A=1p, 3-jump=1p <sup>11</sup>  |   |  |  |  |   |
| Deductions     | Fall outside element: 0.5<br>Fall in element: No deduction, but will be called      |   | 1,0                                      |  | 1st and 2nd fall: -1.0<br>3rd and 4th fall: -2.0<br>5th fall and above: -3.0 |   |
| Components (F) | <u>Co</u> , <u>Pr</u> , <u>SS</u> (1,07)  | <u>Co</u> , <u>Pr</u> , <u>SS</u> (1,20)      | <u>Co</u> , <u>Pr</u> , <u>SS</u> (1,33) | <u>Co</u> , <u>Pr</u> , <u>SS</u> (1,67) | <u>Co</u> , <u>Pr</u> , <u>SS</u> (1,33)                                     | <u>Co</u> , <u>Pr</u> , <u>SS</u> (1,67)                        |
| Time           | 2.20 +/- 10 sec   |   | 2.40 +/- 10 sec                          |  |  |   |
| Warm up        | 4 min. Max. 8 skaters   |   | 6 min. Max. 6 skaters                    |  |  |   |

<sup>8</sup> Jumps included in Jump Combo can be the same, but they must be different from Solo Jump. Solojump and/or combo cannot include an Axel-type jump. 5-Jumps are not permitted in SP.

<sup>9</sup> 1-jump allowed in jump combo for Debs M Girls/Boys only (DK rules)

<sup>10</sup> Clusters must include forward outside rocker and backward inside loop. At least two difficult turns and steps on clean edges for level basic.

<sup>11</sup> Max 2p in total in SP - Jumps identified as <, <<, e, \* or have a fall are not eligible for bonus

#### 4.0 PROGRAM COMPONENTS

Program Components are given on a scale from 0,25 to 10 with intervals of 0,25. The Program Components consists of 3 components: Composition, Presentation and Skating Skills

| Group (M)      | Number of components | Components                                    | Factor  |
|----------------|----------------------|---|---|
| Senior         | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Women:</b><br>Short Program 1,33<br>Free Skating 2,67<br><b>Men:</b><br>Short program 1,67<br>Free Skating 3,33  |
| Junior         | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Women:</b><br>Short Program 1,33<br>Free Skating 2,67<br><b>Men:</b><br>Short program 1,67<br>Free Skating 3,33  |
| Novice<br>Debs | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Girls:</b><br>Short Program 1,07<br>Free Skating 2,13<br><b>Boys:</b><br>Short Program 1,20<br>Free Skating 2,40 |
| Springs        | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Girls and Boys:</b><br><b>Free Skating: 1,7</b>  |
| Cubs           | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Girls and Boys:</b><br>Free Skating: 1,67  |

| Group (K)   | Number of components | Components                                    | Factor  |
|---|----------------------|---|---|
| Adults K2<br>Senior K2<br>Junior K3<br>Novice K3<br>Debs K2 | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Women/Girls:</b><br>Free Skating 2,13<br><b>Men/Boys:</b><br>Free Skating 2,40 |
| Junior K2<br>Novice K2<br>Springs K2                        | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Women/Girls:</b><br>Free Skating 1,7<br><b>Men/Boys:</b><br>Free Skating 2,0   |
| Cubs K<br>All K1 Groups                                     | 3                    | Composition<br>Presentation<br>Skating Skills | <b>Women/Girls and Men/Boys:</b><br>Free Skating 1,67                             |

## 5.0 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<br>Falls 3-4: 2<br>Falls 5->: 3 | 4          |
| Junior     | 6 min                                     | 6            | 1,0  | 4          |
| Novice     | 4 min Short Program<br>5 min Free Skating | 8            | <u>0,5 for falls outside elements</u>        | 3          |
| Debs       | 4 min Short Program<br>5 min Free Skating | 8            | <u>0,5 for falls outside elements</u>        | 3          |
| Springs    | 5 min                                     | 8            | <u>0,5 for falls outside elements</u>        | 2          |
| Cubs       | 4 min                                     | 8            | <u>0,5 for falls outside elements</u>        | 2          |

| Groups (K)  | Warm up time | Max. skaters | Deduction for falls                   | Max. level |
|---|--------------|--------------|---------------------------------------|------------|
| Adults K2<br>Senior K2  | 5 min        | 6            | <u>0,5 for falls outside elements</u> | 4          |
| Junior K3   | 5 min        | 8            | <u>0,5 for falls outside elements</u> | 3          |
| Novice K3<br>Debs K2  | 5 min        | 6            | <u>0,5 for falls outside elements</u> | 3          |
| Junior K2   | 5 min        | 6            | <u>0,5 for falls outside elements</u> | 2          |
| Novice K2<br>Novice K1<br>Debs K1<br>Springs K2<br>Springs K1 | 5 min        | 8            | <u>0,5 for falls outside elements</u> | 2          |
| Adults K1<br>Senior K1<br>Junior K1                           | <u>4 min</u> | 6            | <u>0,5 for falls outside elements</u> | 2          |
| Novice K1<br>Debs K1<br>Springs K1<br>Cubs K                  | <u>4 min</u> | 8            | <u>0,5 for falls outside elements</u> | 2          |

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

Debs K Boys, Novice K Boys, Junior K Men and Senior K 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 numbers of skaters per warm-up group does 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).

### 5.1 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                                     |

## **6.0 RULES FOR START AND RE-START**

### **6.1 START**

(Equivalent to the ISU rule number 350 paragraph 2)

Each Skater must take the starting position of each Segment of the competition (Short Program or Free Skating) at the latest thirty seconds after he/they are called to the start. If this time has expired and the Skater has not yet taken the starting position, the Referee shall apply a deduction (deducted from the final score) as per Rule 353, paragraph 1. n). If sixty seconds started from the call to the start have expired and the Skater has not yet taken the starting position, she/he will be considered as withdrawn.

In case that the skater cannot start their program due to 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 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.

### **6.2 RESTART AND INTERRUPTIONS**

(Equivalent to the ISU rule number 515)

1) An Interruption is defined as the period of time starting immediately when the Competitor stops performing the program or is ordered to do so by the Referee, whichever is earlier, and ending when the Competitor resumes her/his performance.

2) Music Deficiencies:

If the tempo or quality of the music is deficient or if for any reason there is an interruption or stop in the music, the Competitor must stop skating when he becomes aware of the problem or at the acoustic signal of the Referee, whichever is earlier. a) If any of these problems regarding the music occurs within the 20 seconds after the start of the program, it is the choice of the Competitor whether to continue from the point of where he stops performing or restart the program. If the Competitor decides to restart the program, the Judges and Technical Panel evaluate the program from the beginning, disregarding the previous evaluation. If the Competitor decides to continue from the point where he stopped performing, the Judges and Technical Panel continue evaluating the program from the moment the 88 Competitor resumes the program and the prior evaluation remains. b) If any of these problems regarding the music occurs more than 20 seconds after the start of the program, the Competitor shall resume the program from the point of interruption or, if the interruption occurred at the entrance to or during an element, at the point immediately preceding this element. If this element was identified and called by the Technical Panel before the interruption, the Technical Panel has to delete it from the list of the performed elements. The Competitor is allowed to repeat this element when resuming the program. No deductions apply for interruptions due to music deficiencies.

3) Adverse conditions unrelated to the Competitor and/or his equipment

If an adverse condition unrelated to the Competitor or his equipment, such as lighting, ice condition, item thrown onto the ice etc. occurs, the Competitor may stop skating and report to the Referee when he becomes aware of the problem and must stop skating at the acoustic signal of the Referee. When the problem is solved, the Competitor shall continue from the point of interruption or, if the interruption occurred at the entrance to or during an element, at the point immediately preceding this element. If this element was identified and called by the Technical Panel before the interruption, the Technical Panel shall delete it from the list of the performed elements. The Competitor is allowed to repeat this element when resuming the program. If the interruption lasts longer than 10 minutes, there shall be a second warm-up period according to Rule 514, paragraph 2. After the second warm-up, the Competitor shall continue from the point of

interruption or, if the interruption occurred at the entrance to or during an element, at the point immediately preceding this element. No deductions apply for interruptions unrelated to the Competitor or his equipment.

4) Adverse conditions related to the Competitor and/or his Equipment occurring during the program:

If a Competitor is injured during the program or another adverse condition related to him or his equipment (such as but not limited to health problems, nose bleeding, lace undone, damage to clothing or skates) occurs the Competitor must stop skating when he becomes aware of the problem or at the acoustic signal of the Referee, whichever is earlier. The music shall be stopped only if the Referee instructs the music technician to do so according to section b) below.

Duration of interruptions:

a) Up to 40 seconds

If the adverse condition can be remedied without delay the Competitor does not need to report to the Referee and the music continues to play. If he resumes skating within 40 seconds, the Referee will apply a deduction as per Rule 353, paragraph 1.n).

b) Up to 3 minutes

If the Competitor does not resume skating within 40 seconds, the Referee shall instruct the music technician to stop the music and allow the Competitor 3 additional minutes. If the Competitor resumes skating within this additional period, the Referee will apply a deduction of 5.0 points as per Rule 353, paragraph 1.n (2,5 in Novice-categories). This deduction also covers an interruption of up to 40 seconds immediately preceding the allowance of 3 additional minutes. When the problem is solved, the Competitor shall continue from the point of interruption or, if interruption occurred at the entrance to or during an element which was called by the Technical Panel before the interruption, at the point immediately following this element. The call made prior to the interruption shall stay. Only one resumption per program is allowed upon an allowance of additional 3 minutes. If there is a second interruption of more than 40 seconds due to an adverse condition related to a Competitor or his equipment the Competitor shall be considered withdrawn.

5) If medical attention is required, the Referee must stop the performance by an acoustic signal. The Referee shall decide if the Competitor is allowed back to compete. If the Referee does not allow the Skater to resume within 3 minutes since the Competitor stopped skating their program, the Competitor is withdrawn. If the Referee allows the Competitor/s to continue skating his program, no deduction will apply. When the problem is resolved, the Competitor shall continue from the point of interruption or, if the interruption occurred at the entrance to or during an element, at the point immediately following this element, which is called by the Technical Panel and the call remains.

6) Adverse condition occurring prior the beginning of the program with allowance of up to 3 minutes.

a) If any adverse condition related to the Competitor or his equipment occurs between his being called to the start and 90 taking the starting position which cannot be remedied within 60 seconds (Rule 350, paragraph 2), the Referee shall allow the Competitor 3 additional minutes and apply a deduction of 5.0 points (Rule 353, paragraph 1n) (2,5 in Novice-categories).

b) If any adverse condition related to the Competitor or his equipment occurs after he takes the ice but before the call to the start and the time before the start of the program is not sufficient to remedy such condition, the Referee shall allow the Competitor 3 additional minutes before being called to the start and apply a deduction of 5.0 points (per Rule 353, paragraph 1n) (2,5 in Novice-categories)..

7) Adverse condition occurring during the warm-up:

If an adverse condition related to the Competitor with the first starting number in the warm-up group or his equipment occurs during the warm-up, and time before the call to the start is not sufficient to remedy such condition the Referee shall allow the Competitor 3 additional minutes before being called to the start without applying any deductions. For the purposes of paragraph 4, section b) above of this situation is not considered as resumption of the program.

#### 8) Limit of the interruptions allowed

Only one interruption, up to 3 minutes, is allowed whenever it takes place (prior or during the program). If there is a second interruption of more than 40 seconds due to an adverse condition related to a Competitor (including medical problems) or his equipment the Competitor shall be considered withdrawn.

#### 9) Incomplete Programs

If a Competitor does not complete the program, no marks will be awarded and the Competitor shall be considered withdrawn.

### **7.0 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 (0,5 in Novice-categories) 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 receive any value or points. If the program is more than 30 seconds too short the skater will not receive any points at all.

If the duration of the program is 30 seconds or more under the required time range, no marks will be awarded.

## **8.0 RULES FOR COSTUMES AND MUSIC**

### **8.1 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 (2,5 in Novice-categories).

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 (2,5 in Novice-categories).

### **8.2 MUSIC**

Vocal music is allowed in all groups.

### **8.3 BEHAVIOR OF COMPETITORS**

(Equivalent to rule 351 paragraph 3)

Skaters are not allowed to use headphones, earbuds or any similar devices on the ice during any official practice and during the event.

## **9.0 OBJECTIONS AND INQUIRIES**

### **9.1 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.

### **9.2 INQUIRIES**

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.