



RULEBOOK SINGLE SKATING
COMPETITION RULES
2017-2018

Editor: Danish Skating Union, Technical Committee
41. edition – June 2017

TABLE OF CONTENTS

1.0 AGE REQUIREMENTS.....	3
1.1 NATIONAL CHAMPIONSHIP LEVEL SKATERS (M-skaters).....	3
1.2 COMPETITION LEVEL SKATERS (K-skaters).....	3
2.0 PROGRAM CONTENT FOR CHAMPIONSHIP LEVEL SKATERS (M-skaters)	4
2.1 SENIOR LADIES AND MEN (M-skaters).....	4
2.2 JUNIOR LADIES AND MEN (M-skaters).....	4
2.3 NOVICE GIRLS AND BOYS (M-skaters).....	4
2.4 DEBS (M-skaters).....	5
2.4.1 Debs girls – SHORT PROGRAM.....	5
2.4.2 Debs girls – FREE SKATING.....	6
2.4.3 Debs boys – SHORT PROGRAM.....	7
2.4.4 Debs boys – FREE SKATING.....	8
2.5 SPRINGS (M-skaters).....	9
2.5.1 Springs girls and boys – FREE SKATING.....	9
2.6 CUBS (M-skaters).....	10
2.6.1 Cubs girls and boys – FREE SKATING.....	10
3.0 PROGRAM CONTENT FOR COMPETITION LEVEL SKATERS (K-skaters).....	11
3.1. Senior K2 Ladies and men– FREE SKATING.....	11
3.2 Junior K2 Ladies and men – FREE SKATING.....	12
3.3 Novice K2 girls and boys– FREE SKATING.....	13
3.4 SENIOR 1, JUNIOR 1 AND NOVICE 1 (K-skaters).....	14
3.4. Ladies/girls and men/boys – FREE SKATING.....	14
3.5 Debs (K- skaters) girls and boys – FREE SKATING.....	15
3.6 Springs (K- skaters) girls and boys – FREE SKATING.....	15
3.7 Cubs (K- skaters) girls and boys – FREE SKATING.....	16
3.8 Chicks (K- skaters) girls and boys – FREE SKATING.....	16
4.0 PROGRAM COMPONENTS	17
4.1 PROGRAM COMPONENTS FOR CHAMPIONSHIP LEVEL SKATERS (M-skaters).....	17
4.2 PROGRAM COMPONENTS FOR COMPETITION LEVEL SKATERS (K-skaters).....	17
5.0 WARM-UP PERIODS	18

1.0 AGE REQUIREMENTS

1.1 NATIONAL CHAMPIONSHIP LEVEL SKATERS (M-skaters)

Group	Age
Senior (championship)	No age limit
Junior (championship)	Not reached 19 years as of 01.07.17 (born 01.07.1998 or later)
Novice (championship)	Not reached 15 years as of 01.07.17 (born 01.07.2002 or later)
Debs (championship)	Not reached 13 years as of 01.07.17 (born 01.07.2004 or later)
Springs (championship)	Not reached 12 years as of 01.07.17 (born 01.07.2005 or later)
Cubs (championship)	Not reached 10 years as of 01.07.17 (born 01.07.2007 or later)

1.2 COMPETITION LEVEL SKATERS (K-skaters)

Group	Age
Senior 2 (competition)	No age limit
Senior 1 (competition)	No age limit
Junior 2 (competition)	Not reached 19 years as of 01.07.17 (born 01.07.1998 or later)
Junior 1 (competition)	Not reached 19 years as of 01.07.17 (born 01.07.1998 or later)
Novice 2 (competition)	Not reached 15 years as of 01.07.17 (born 01.07.2002 or later)
Novice 1 (competition)	Not reached 15 years as of 01.07.17 (born 01.07.2002 or later)
Debs (competition)	Not reached 13 years as of 01.07.17 (born 01.07.2004 or later)
Springs (competition)	Not reached 12 years as of 01.07.17 (born 01.07.2005 or later)
Cubs (competition)	Not reached 10 years as of 01.07.17 (born 01.07.2007 or later)
Chicks (competition)	Not reached 8 years as of 01.07.17 (born 01.07.2009 or later)

2.0 PROGRAM CONTENT FOR CHAMPIONSHIP LEVEL SKATERS (M-skaters)

The Short Program and Free Skating is in accordance with ISU Technical Rules Single & Pair Skating 2016, Rule 611-612 and the respective ISU Communications.

2.1 SENIOR LADIES AND MEN (M-skaters)

The Short Program and Free Skating is in accordance with ISU Technical Rules Single & Pair Skating 2016, Rule 611-612 and the respective ISU Communications.

2.2 JUNIOR LADIES AND MEN (M-skaters)

The Short Program and Free Skating is in accordance with ISU Technical Rules Single & Pair Skating 2016, Rule 611-612 and the respective ISU Communications.

Additional rules for Free Skating in DEN:

A bonus is given a maximum of one (1) time in FS. A Bonus is given when two (2) different triple jumps are completed with an under rotated (<) or better, no matter in which attempt this is achieved – keeping in mind the allowed number of repeated triple jumps. When a bonus is given, a “B” will appear on the screen as an additional element, by the request of the technical panel following authorization. The value of the bonus is 2 points, which is added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asteriks -wrong element) the bonus cannot be awarded.

2.3 NOVICE GIRLS AND BOYS (M-skaters)

The Short Program and Free Skating is in accordance with ISU’s Advanced Novice, ISU Communication no. 2024.

Additional rules for Short Program in DEN:

- a) Double Axel (Single Axel is not allowed and will be counted as an illegal element and receive an *)

Additional rules for Free Skating in DEN:

A bonus is given a maximum of two (2) times in the Free Skating – One (1) bonus point is awarded for a double Axel downgrade (<<) and/or a triple jump downgrade (<<<). Two (2) bonus points are awarded for a double Axel underrotated or fully rotated and/or for a triple jump fully rotated or underrotated (<).

The first two (2) jumps that will receive bonus points will count for bonus. When a bonus is given, a “B” will appear on the screen as an additional element, by the request of the technical panel following authorization. The value of the bonus will be added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asterisk -wrong element) the bonus cannot be awarded.

2.4 DEBS (M-skaters)

2.4.1 Debs girls – SHORT PROGRAM

Length of program: Max 2.30 minutes

- a) Single or double Axel
- b) Double jump (free) immediately preceded by connecting steps
- c) Jump combination consisting of two double jumps or one double and one single jump
- d) Layback or sideways leaning spin, or spin in a basic position, no change of foot, min. 6 revolutions, no change of foot, no flying entry
- e) Spin combination with only one change of foot, min. 5 revolutions on each foot, flying entry is possible
- f) One step sequence

Note

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

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

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

A fall will give a deduction of 0,5 points

Program Components - Skating Skills, Transitions, Performance, Interpretation of the music

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

2.4.2 Debs girls – FREE SKATING

Length of program: 3.00 minutes ± 10 seconds

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

Note

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

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

A fall will give a deduction of 0,5 points

Program Components – Skating Skills, Transitions, Performance, Interpretation of the music

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

A bonus is given a maximum of two (2) times in the Free Skating – One (1) bonus point is awarded for a double Axel downgrade (<<) and/or a triple jump downgrade (<<). Two (2) bonus points are awarded for a double Axel underrotated or fully rotated and/or for a triple jump fully rotated or underrotated (<<).

The first two (2) jumps that will receive bonus points will count for bonus. When a bonus is given, a "B" will appear on the screen as an additional element, by the request of the technical panel following authorization. The value of the bonus will be added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asterisk -wrong element) the bonus cannot be awarded.

2.4.3 Debs boys – SHORT PROGRAM

Length of program: Max 2.30 minutes

- a) Single or double Axel
- b) Double jump (free) immediately preceded by connecting steps
- c) Jumps combination consisting of two double jumps or one double and one single jump
- d) Upright, Camel or sit spin with change of foot, flying entrance not allowed (min. 5 revolutions on each foot)
- e) Spin combination with at least one change of position and only one change of foot (min. 5 revolutions on each foot), flying entry allowed
- f) One step sequence

Note

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

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

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

A fall will give a deduction of 0,5 points

Program Components – Skating Skills, Transitions, Performance, Interpretation of the music

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

2.4.4 Debs boys – FREE SKATING

Length of program: 3.00 minutes ± 10 seconds

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

Note

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

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

A fall will give a deduction of 0,5 points

Program Components – Skating Skills, Transitions, Performance, Interpretation of the music

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

A bonus is given a maximum of two (2) times in the Free Skating – One (1) bonus point is awarded for a double Axel downgrade (<<) and/or a triple jump downgrade (<<). Two (2) bonus points are awarded for a double Axel underrotated or fully rotated and/or for a triple jump fully rotated or underrotated (<).

The first two (2) jumps that will receive bonus points will count for bonus. When a bonus is given, a "B" will appear on the screen as an additional element, by the request of the technical panel following authorization. The value of the bonus will be added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asterisk -wrong element) the bonus cannot be awarded.

2.5 SPRINGS (M-skaters)

2.5.1 Springs girls and boys – FREE SKATING

Length of program: 2.30 minutes ± 10 seconds

- a) Maximum of 5 jump elements
One must be an Axel or Axel-type jump
Maximum two (2) jump combinations or sequences. Jump combinations can only consist of two (2) jumps. Jump sequences can contain any number of jumps
- b) Maximum of 2 different spins
One must be a spin combination, change of foot is allowed (min. 10 revolutions), and one must be a flying spin or a spin with flying entrance, change of position and foot is allowed (min. 6 revolutions)
- c) Maximum 1 step sequence

Note

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

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

A fall will give a deduction of 0.5 points.

Program Components – Skating Skills, Performance, Composition

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

Girls and boys in the same group

A bonus is given maximum one (1) time in the Free Skating. Two (2) bonus points are awarded for a double Axel completed with an underrotated (<) or fully rotated. One (1) bonus point is awarded for a double Axel downgrade (<<). The first jump that will receive bonus points will count for bonus. When a bonus is given a "B" will appear on the screen as an additional element, by the request of the technical panel after authorization. The value of the bonus point will be added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asterisk -wrong element) the bonus cannot be awarded.

2.6 CUBS (M-skaters)

2.6.1 Cubs girls and boys – FREE SKATING

Length of program: 2.30 minutes ± 10 seconds

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

Note

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

A fall will give a deduction of 0.5 points.

Program Components – Skating Skills, Performance

Maximum of 8 skaters in a warm-up group

5 minutes warm-up

Girls and boys in the same group

3.0 PROGRAM CONTENT FOR COMPETITION LEVEL SKATERS (K-skaters)

3.1. Senior K2 Ladies and men– FREE SKATING

Length of program – **ladies and men:** 3.00 minutes ± 10 seconds

- a) Maximum of 6 jump elements
One must be an Axel or Axel-type jump
Maximum two (2) jump combinations or sequences. Jump combinations can consist of two (2) jumps and max. one (1) jump combination can consist of three (3) jumps. Jump sequences can contain any number of jumps
- b) Maximum of 2 different spins
The spins must have different abbreviations, change of foot and flying entry is allowed. Spins in one position without change of foot (min. 3 revolutions), spins in one positions with change of foot (min. 3 revolutions on each foot), spin combinations with or without change of foot (min. 6 revolutions)
- c) Maximum 1 step sequence

Note

Any double jump cannot be attempted more than twice. There are no requirements for repetitions to be in jump combination or sequence.

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

Program Components – Skating Skills, Transitions, Performance, Interpretation, Composition

A bonus of two (2) points are given maximum two (2) times in the Free Skating. Bonus is awarded when a double Axel is completed with an under rotated (<) or better, and awarded for a three (3) jump combination with three (3) double jumps. Two (2) double jumps can be underrotated (<) to receive the bonus points. When a bonus is given a "B" will appear on the screen as an additional element, by the request of the technical panel after authorization. The value of the bonus is 2 points, which is added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asterisk -wrong element) the bonus cannot be awarded.

A fall will give a deduction of 1.0 points.

3.2 Junior K2 Ladies and men – FREE SKATING

Length of program – **ladies and men:** 3.00 minutes ± 10 seconds

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

Note

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

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

Program Components – Skating Skills, Transitions, Performance, Interpretation, Composition

A bonus is given maximum one (1) time in the Free Skating. Bonus is given when a jump combination consisting of two (2) double jumps is completed with an under rotated (<) or better, no matter in which attempt this is achieved – but remembering the allowed number of repetitions.

When a bonus is given a "B" will appear on the screen as an additional element, by the request of the technical panel after authorization. The value of the bonus is 2 points, which is added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asterisk -wrong element) the bonus cannot be awarded.

A fall will give a deduction of 1.0 points.

5 minutes warm-up

3.3 Novice K2 girls and boys– FREE SKATING

Length of program – **girls and boys**: 3.00 minutes ± 10 seconds

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

Note

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

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

Program Components – Skating Skills, Transitions, Performance, Interpretation of the music

A bonus is given maximum one (1) time in the Free Skating. Bonus is given when a jump combination consisting of two (2) double jumps is completed with an under rotated (<) or better, no matter in which attempt this is achieved – but remembering the allowed number of repetitions.

When a bonus is given a "B" will appear on the screen as an additional element, by the request of the technical panel after authorization. The value of the bonus is 2 points, which is added to the total technical score of the Free Skating. If a jump, that is valid for a bonus, obtains an * (asterisk -wrong element) the bonus cannot be awarded.

A fall will give a deduction of 1.0 points

5 minutes warm-up

3.4 SENIOR 1, JUNIOR 1 AND NOVICE 1 (K-skaters)

3.4. Ladies/girls and men/boys – FREE SKATING

Length of program – **ladies/girls and men/boys**: 3.00 minutes ± 10 seconds

- a) Maximum of 6 jump elements
One must be a Lutz
Maximum two (2) jump combinations or sequences. Jump combinations can only consist of two (2) jumps. Jump sequences can contain any number of jumps
- b) Maximum of 2 different spins
The spins must have different abbreviations, change of foot and flying entry is allowed. Spins in one position without change of foot (min. 3 revolutions), spins in one positions with change of foot (min. 3 revolutions on each foot), spin combinations with or without change of foot (min. 6 revolutions)
- c) Maximum 1 step sequence

Note

Only one (1) single Axel and one (1) double jump can be attempted in the Free Skating. All additional attempts of single Axel and double jumps will be considered as a wrong element and will receive s no value. Such attempts will however count as a jump element and will occupy "jumping boxes".

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

Program Components – Skating Skills, Performance, Composition

A fall will give a deduction of 0.5 points

8 skaters in a warm-up group

5 minutes warm up

3.5 Debs (K- skaters) girls and boys – FREE SKATING

Length of program: 3.00 minutes ± 10 seconds

- a) Maximum of 5 jump elements
One must be a Lutz
Maximum two (2) jump combinations or sequences. Jump combinations can only consist of two (2) jumps. Jump sequences can contain any number of jumps
- b) Maximum of 2 different spins
The spins must have different abbreviations, change of foot and flying entry is allowed. Spins in one position without change of foot (min. 3 revolutions), spins in one positions with change of foot (min. 3 revolutions on each foot), spin combinations with or without change of foot (min. 6 revolutions)
- c) Maximum 1 step sequence

Note

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

Program Components – Skating Skills, Performance

A fall will give a deduction of 0.5 points

8 skaters in a warm-up group

5 minutes warm up

3.6 Springs (K- skaters) girls and boys – FREE SKATING

Length of program: 2.30 minutes ± 10 seconds

- a) Maximum of 5 jump elements
One must be a Lutz
Maximum two (2) jump combinations or sequences. Jump combinations can only consist of two (2) jumps. Jump sequences can contain any number of jumps
- b) Maximum of 2 different spins
The spins must have different abbreviations, change of foot and flying entry is allowed. Spins in one position without change of foot (min. 3 revolutions), spins in one positions with change of foot (min. 3 revolutions on each foot), spin combinations with or without change of foot (min. 6 revolutions)
- c) Maximum 1 step sequence

Note

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

Program Components – Skating Skills, Performance

A fall will give a deduction of 0.5 points.

8 skaters in a warm-up group

5 minutes warm up

Girls and boys in the same group

3.7 Cubs (K- skaters) girls and boys – FREE SKATING

Length of program: 2.30 minutes ± 10 seconds

- a) Maximum of 4 jump elements
Maximum two (2) jump combinations or sequences. Jump combinations can only consist of two (2) jumps. Jump sequences can contain any number of jumps
- b) Maximum of 2 spins
The spins can have the same abbreviations, change of foot and flying entry is allowed. Spins in one position without change of foot (min. 3 revolutions), spins in one positions with change of foot (min. 3 revolutions on each foot), spin combinations with or without change of foot (min. 6 revolutions)
- c) Maximum 1 step sequence

Note

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

Program Components – Skating Skills, Performance

A fall will give a deduction of 0.5 points.

8 skaters in a warm-up group

5 minutes warm up

Girls and boys in the same group

3.8 Chicks (K- skaters) girls and boys – FREE SKATING

Length of program: 2.30 minutes ± 10 seconds

- a) Maximum of 4 jump elements
Maximum two (2) jump combinations or sequences. Jump combinations can only consist of two (2) jumps. Jump sequences can contain any number of jumps
- b) Maximum of 2 spins
The spins can have the same abbreviations, change of foot and flying entry is allowed. Spins in one position without change of foot (min. 3 revolutions), spins in one positions with change of foot (min. 3 revolutions on each foot)
Spin combinations not allowed
- c) Maximum 1 step sequence

Note

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

Program Components – Skating Skills, Performance

A fall will give a deduction of 0.5 points.

8 skaters in a warm-up group

5 minutes warm up

Girls and boys in the same group

4.0 PROGRAM COMPONENTS

4.1 PROGRAM COMPONENTS FOR CHAMPIONSHIP LEVEL SKATERS (M-skaters)

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

4.2 PROGRAM COMPONENTS FOR COMPETITION LEVEL SKATERS (K-skaters)

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

5.0 WARM-UP PERIODS

Debs and Novice Boys and also Junior and Senior Men can have joint warm-up groups. The Ladies/Girls and Men/Boys can have warm up together with a maximum of 6 or 8 skaters depending on the category.