

Girls

The **Short Program for Girls' Singles** shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Layback or sideways leaning spin (minimum of six (6) revolutions)
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot)
- f) One step sequence with full utilization of the ice surface (straight line / circular / serpentine)

Boys and Girls

A well balanced Free Skating program for Singles must contain:

- a) Maximum 6 jump elements for Girls and 7 jump elements for Boys, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions).
- c) There must be a maximum of one (1) step sequence

Levels explanations:

In all elements which are subject to Levels, only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

The factors for the Program Components are

- a) Short Program
 - For boys 1.0
 - For girls 1.0

- b) Free Skating
 - For boys 1.7
 - For girls 1.5

Debs

Boys and girls may not have reached the age of 13 before or on July 1st, 2011.
For Danish skaters "Bronze" or "Lille Bronze" is required.

Short program: max. 2.15 min.

- a) Single or double Axel.
- b) Double jump immediately preceded by connecting steps.
- c) Jump combination with two double jumps or one double and one single jump.
- d) Girls: Layback or sideways leaning spin, six (6) revolutions.
Boys: Camel spin, six (6) revolutions.
- e) Spin combination with at least one change of position and only one change of foot, five (5) revolutions on each foot.
- f) One (1) step sequence (straight line, circle or serpentine).

Note! The jumps in the jump combination must both be different from the jumps in a) and b).

In elements with levels, level 3 is the highest attainable. If more features are attempted they will not be taken into consideration.

Free skating: Girls and boys 3.00 min. +/- 10 sec.

- a) Maximum of 5 jump elements (girls) and 6 jump elements (boys).
 - ~ One of which must be an Axel type jump.
 - ~ Maximum of two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps but only the two most difficult jumps will count.

- b) Maximum of 2 different spins.
 - ~ One of which must be a spin combination, change of foot is optional; ten (10) revolutions.
 - ~ One of which must be a flying spin, change of position and change of foot is optional; six (6) revolutions.

- c) Maximum of 1 step sequence or 1 spiral sequence (girls).
Maximum of 1 step sequence (boys).

Note! Of all triple jumps and double Axel altogether, only two (2) can be repeated and these repetitions must be in either jump combination or –sequence. No triple jump or double Axel can be tried more than two (2) times.

*Note! **Girls:** The spiral sequence may maximum consist of two (2) spiral positions. Both the step sequence and the spiral sequence has a fixed base value and will only be judges by the GOE. The spiral sequence must consist of at least two (2) spiral positions of at least three (3) seconds each, or only one spiral position of at least six (6) seconds. If these requirements are not fulfilled the spiral sequence will be given no value and with that no points.*

*Note! **Boys:** The step sequence has a fixed base value and will only be judges by the GOE.*

In elements with levels, level 3 is the highest attainable. If more features are attempted they will not be taken into consideration.

Springs

Boys and girls may not have reached the age of 12 before or on July 1st, 2011.
For Danish skaters “Bronze” or “Lille Bronze” is required.

Free skating: Girls and boys 2.30 min. +/- 10 sec.

- a) Maximum of 5 jump elements.
- ~ One of which must be an Axel type jump.
 - ~ All jump types must be shown – Axel, Salchow, Toe-Loop, Loop, Flip and Lutz. The jumps can enter as both solo jumps and in combinations or sequences.
 - ~ Maximum of two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps but only the two most difficult jumps will count.
- b) Maximum of 2 different spins.
- ~ One of which must be a spin combination, change of foot is optional; ten (10) revolutions.
 - ~ One of which must be a flying spin, change of position and change of foot is optional; six (6) revolutions.
- c) Maximum of 1 step sequence or 1 spiral sequence.

Note! Of all double jumps and double Axel altogether, only two (2) can be repeated and these repetitions must be in either jump combination or –sequence. No double jump or double Axel can be tried more than two (2) times.

Note! The spiral sequence may maximum consist of two (2) spiral positions. Both the step sequence and the spiral sequence has a fixed base value and will only be judges by the GOE. The spiral sequence must consist of at least two (2) spiral positions of at least three (3) seconds each, or only one spiral position of at least six (6) seconds. If these requirements are not fulfilled the spiral sequence will be given no value and with that no points.

In elements with levels, level 3 is the highest attainable. If more features are attempted they will not be taken into consideration.

Cubs

Boys and girls may not have reached the age of 10 before or on July 1st, 2011.
For Danish skaters "Basic 2" or "Færdighedsmærket" is required.

Free skating: 2.30 min. +/- 10 sec.

- a) Maximum of 4 jump elements.
 - ~ One of which must be an Axel type jump.
 - ~ Maximum of two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps but only the two most difficult jumps will count.

- b) Maximum of 2 different spins.
 - ~ The spins must have different abbreviations, spin combinations six (6) revolutions, other spins four (4) revolutions.

- c) Maximum of 1 step sequence or 1 spiral sequence.

Note! The spiral sequence may maximum consist of two (2) spiral positions. Both the step sequence and the spiral sequence has a fixed base value and will only be judges by the GOE. The spiral sequence must consist of at least two (2) spiral positions of at least three (3) seconds each, or only one spiral position of at least six (6) seconds. If these requirements are not fulfilled the spiral sequence will be given no value and with that no points.

In elements with levels, level 3 is the highest attainable. If more features are attempted they will not be taken into consideration.