

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

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.

Bonus

Bonus is given max. twice in Free Skating – once for double Axel and once for any triple jump. Bonus is given for a try for double Axel and one triple jump, which is defined “landed” or “under-rotated”, regardless the number of retries (accordance with rules for retries of double Axel and triple jumps mentioned above).

Level 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 | 0.9 |
| - For girls | 0.8 |
| b) Free Skating | |
| - For boys | 1.8 |
| - For girls | 1.6 |

Debs

Boys and girls may not have reached the age of 13 before or on July 1st, 2012.
For Danish skaters "Bronze" or "Lille Bronze" is required.

Short program: max. 2.15 min.

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|----|---|
| 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) | <u>Girls:</u> Layback or sideways leaning spin, six (6) revolutions.
<u>Boys:</u> Camel or Sit spin with change of foot, and no flying entrance, (three (3) revolutions on each foot). |
| 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

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.

Bonus

Bonus is given max. twice (2) in Free Skating – once (1) for double Axel and once (1) for any triple jump. Bonus is given for a try for double Axel and triple jump, which is defined “landed” or “under-rotated”, regardless the number of retries (accordance with rules for retries of double Axel and triple jumps mentioned above).

Level 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.

Springs

Boys and girls may not have reached the age of 12 before or on July 1st, 2012.
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.
 - ~ 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.

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.

Bonus

Bonus is given max. once (1) in Free Skating. Bonus is given for a try for double Axel, which is defined “landed” or “under-rotated”, regardless the number of retries (accordance with rules for retries of double Axel mentioned above).

In elements with levels, level 2 is the highest attainable. If more features are attempted they will not be taken into consideration.

Fall is deducted with 0,5 point.

Cubs

Boys and girls may not have reached the age of 10 before or on July 1st, 2012.
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. Spins in basic positions without change of foot: 3 revolutions in basic position; Spins with change of foot: 3 revolutions in basic position on each foot; Spin combinations with or without change of foot: at least 6 revolutions.

- c) Maximum of 1 step sequence.

In elements with levels, level 2 is the highest attainable. If more features are attempted they will not be taken into consideration.

Fall is deducted with 0,5 point.