



Adult Figure Skating competition

Women and Men Skating

Hosted by Skøjte & Sportsforening Nord – Denmark

Location: Iscenter Nord – Skøjtealleen 4, 9900 Frederikshavn, Denmark

February 14th – 16th, 2025

Overview

Contact

Please direct all questions regarding the competition by e-mail to;

stars.on.skates.north@gmail.com

Website with information and registrations; www.sosnord.dk

Facebook page; www.facebook.sosnord.dk

Instagram page; @skoejteogsportsforeningnord

Registration

Last registration day will be **January 15th 2025**

Please register on email; kasseren@sosnord.dk

Please note that entries are limited, and registration will be closed once entry capacity is reached. Registrations will be accepted on a first come first served basis. Your registration is complete as soon as your registration fee has been registered on our account.

If necessary, the local organization committee (Skøjte & Sportsforening Nord) will establish a waiting list in case of withdrawal or missing payments.

Important to notice:

If the competition gets oversubscribed before the last registration date, the local organization committee will stop accepting registrations of entries. Furthermore, relevant categories might be canceled due to organizational reasons.

If necessary, the local organization committee retains the right to change the location of the event or to cancel it completely, should the responsible authority deny the right to carry out a public event at the foreseen venue.

Please be assured that the organizational committee will do its best to announce any potential changes as soon as possible.

The registration fees (incl. Service fees):

- First single event; 80 euro
- Second single event; 30 euro

Banquette

Saturday the 15th of february there will be a banquette party. Shuttle busses will be provided from Iscenter Nord to Sæby Spektrum, where the banquette takes place.

Dinner and dessert including one drink.

- Price; 30 euro

Price and payment

All fees must be paid at the time of registration.

IBAN

DK6180900010084539

BIC/SWIFT

RINGDK22

The registration fee will not be refunded. Solely in case that the event is canceled as a whole, or a specific category is canceled, the competitors will receive a refund of the registration fee.

General Information

Condition of participation

Participation in the competition Stars On Skates North is open to all skaters who;

- are members of a regional skating association which belongs to an ISU member federation.
- fit into the age groups in this announcement.

Entries

Participation in the Free Skating disciplines at Stars On Skates North is open only to competitors who have reached at least the age of eighteen (18) before 1 st July, 2025.

Age categories for Women and Men Free Skating events:

- Young Adult skaters born between 1 st July 1996 and 30th June 2006
- Class I skaters born between 1 st July 1986 and 30th June 1996
- Class II skaters born between 1 st July 1976 and 30th June 1986
- Class III skaters born between 1 st July 1966 and 30th June 1976
- Class IV skaters born between 1 st July 1956 and 30th June 1966
- Class V skaters born on or before 30st June 1956

Important to notice:

When fewer than 3 skaters register for a singles free skating or artistic free skating event, age categories may be combined to ensure competition.

When 25 or more skaters register for the same event, the competition may be divided into two groups according to the age of the skaters. If there is an odd number of skaters, the skater of median age will compete with the younger group of skaters.

All age groups can be further divided or put together, depending on the number of registrations.

Proof of age must be presented, if asked for, for all competitors. This can be done by presenting a copy of a passport or identity card on site upon registration. Competitors which fail to provide sufficient proof for the applicability of a specific age category will be denied participation with no refund of the entry fee.

A skater competing after 1st July 2023 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing before 1st July 2023 in an ISU Championship or National Championship of a Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in adult-only events (Single Free Skating, Pairs Free Skating, Ice Dance or Synchronized Skating) at a National Championships or competition from which a competitor qualifies for the National Championships of

a Member Federation MAY compete in this competition. All other members of an ISU Member Federation who meet the age requirements may participate.

Warm-Up Groups

In the single categories (Free Skating) 6 skaters are permitted in a warm-up group for Gold to Elite and 8 skaters for Bronze to Silver as well as 8 skaters for all Artistic levels. If fewer than 6 skaters are in a category, warm-up groups may be combined (e.g. Silver and Bronze skaters in one warm-up group). Different categories may be combined (e.g. Bronze and Silver ice dance pairs in one warm-up group). The warm-up duration is 5 minutes. Skaters have 30 seconds from the time their name is called to take their starting position.

Classification of levels

It is expected that competitors will enter at a level appropriate to their current skating ability. Competitors are not obliged to enter the same level as in previous years.

The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in a national or international competition but is not mandatory for such skaters.

Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.

Awards/certificates

The top three placings in each category will receive an award. No prize money will be awarded to the competitors.

Photo and video

Upon the registration for the competition competitors irrevocably acknowledge and consent to photographs and video recordings as well as competitor name and results being published in full or in part off- and online (including but not limited to our website, Instagram, Facebook and youtube).

Competition

The Stars On Skates North competition has the following categories:

- Women and Men Free Skating
- Women and Men Artistic Free Skating
- Pair Free Skating
- Pair Artistic Free Skating

The Local Organization Committee reserves the right to cancel certain categories after the close of registration period. Respective registration fees less service surcharges will be refunded to the competitors.

Technical requirements – Women/men free skating

The ladies and men categories are divided into Bronze, Silver, Gold, Masters and Masters Elite.

Free Skating Master Elite

Skaters entering this category will compete against other Masters Elite Free Skaters.

The technical requirements are the same as those for the category "Masters Free Skating" with the exception that **triple jumps are permitted**. Skaters in the Elite category competed internationally for their federation at the Junior or Senior level, made it to their National Championships at the Junior or Senior level, or are currently competing with a double axel and/or triple jumps.

Free Skating Masters

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a.
 - A maximum of five (5) jump elements, one of which must be an Axel type jump. Single and double jumps are permitted. No triple or quadruple jumps are allowed.
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the takeoff curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
- b.
 - A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c.
- A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes +/-10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Features up to and including Level 4 will be counted for the technical elements.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0.

Gold free Skating

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a.
- A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the takeoff curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
- b.
- A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.

- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c.
- A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 50 seconds +/-10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - The warm-up duration is six (6) minutes.
 - Each fall shall receive a deduction of 1.0

Silver free skating

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a.
- A maximum of four (4) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted.
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps.
 - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the takeoff curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
- b.
- A maximum of two (2) spins of a different abbreviation.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions
 - in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- c.
- A maximum of one (1) choreographic sequence, fully utilizing the ice surface
 - The pattern is not restricted but the sequence must be clearly visible.

- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 2 minutes +/-10 seconds.
- The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 0.5.

Bronze free skating

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- a.
 - A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be one (1) jump combination in the free program.
 - The jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.
 - Waltz jumps will be ignored.

- b.
 - A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. Flying spins are not permitted.
 - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
 - Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

- c.
 - A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - The program duration is 1 minute and 40 seconds, +/-10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - The warm-up duration is five (5) minutes.
 - Each fall shall receive a deduction of 0.5.

Technical requirements – Pair free skating

Pair free skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair skaters. The technical requirements are the same as those for the category “Masters Pair Skating” with the exception that triple jumps are allowed.

Pair free skating Masters

Masters pairs must perform a well-balanced program that may contain:

- a.
 - A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man’s lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3-4-5, full extension of the lifting arm(s) is mandatory.
 - Two or more lifts may be from the same group if the takeoff and/or the hold is different each time.

- b.
 - A maximum of two (2) throw jumps (single or double).

- c.
 - A maximum of one (1) solo jump. Single and double jumps are permitted.

- d.
 - A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) jumps of any number of revolutions, in which the second jump is an Axel type jump with a direct step from the landing curve of the first jump into the takeoff curve of the Axel jump.

- e.
 - A maximum of one (1) pair spin (pair spin or pair spin combination).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a “V”. If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.”
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- f.
 - A maximum of one (1) solo spin.
 - The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.

- g.
 - A maximum of one (1) death spiral or pivot figure (position of the woman optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.

- h.
 - A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 3 minutes and 30 seconds +/-10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Features up to and including Level 4 will be counted for the technical elements.
 - The warm-up duration is six (6) minutes.
 - Each fall by either skater shall receive a deduction of 1.0.

Pair free skating Intermediate

Intermediate pairs must perform a well-balanced program that may contain:

- a.
 - A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the woman.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - Twist lifts are not permitted.
 - Both lifts may be from the same group if the takeoff and/or the hold is different.

- b.
 - A maximum of one (1) single throw jump (including the throw single Axel).
 - Double and triple jumps are not permitted.

- c.
 - A maximum of one (1) solo single jump (including the single Axel).
 - Double and triple jumps are not permitted.

- d.
 - A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
 - Only single jumps are allowed (including the single Axel).
 - Double and triple jumps are not permitted

- e.
 - A maximum of one (1) pair spin (pair spin or pair combination spin).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a “V”. If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.”
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- f.
 - A maximum of one (1) death spiral or pivot figure (position of the woman optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.

- g.
 - A maximum of one (1) step sequence, fully utilizing the ice surface.
 - The program duration is 2 minutes and 40 seconds +/-10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Only features up to and including Level 2 will be counted for the technical elements. Any additional
 - features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is six (6) minutes.
 - Each fall by either partner shall receive a deduction of 1.0.

Pair free skating Adult

Pairs must perform a well-balanced program that may contain:

- a.
 - A maximum of one (1) lift of Group 1 or Group 2 with a minimum ½ revolution for the man.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the Woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted,
 - Twist lifts are not permitted.

- b.
 - A maximum of one (1) single throw jump.
 - Throw double and triple jumps are not permitted.
 - Throw single Axel is not permitted.

- c.
 - A maximum of one (1) solo single jump.
 - Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.

- d.
 - A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
 - Only single jumps are allowed.
 - Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.

- e.
 - A maximum of one (1) pair spin.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- f.
 - A maximum of one (1) pivot figure (position of the woman optional).
 - At least one (1) revolution in pivot position by the man is required.

- g.
 - A maximum of one (1) choreographic sequence that fully utilizes the ice surface.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - The program duration is 2 minutes and 20 seconds +/-10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is five (5) minutes.
 - Each fall by either partner shall receive a deduction of 0.5.

Technical requirements – Artistic free skating.

General Requirements for Artistic Free Skating

The artistic events consist of Free Skating and Pair Free Skating programs judged only on the basis of the

Program Components:

- Composition
- Presentation
- Skating skills

See ISU Communication 2494 III General Technical Rules in Single & Pair Skating and Ice Dance (Rule 504 para 3a) for a detailed description of Program Components.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0. Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the three program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the component score. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds. The Program and time clock will start with the first movement by the skater/pair.

Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition - not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501)

This is NOT a theatre-on-ice, showcase or spotlight event. Theatrical costumes and make-up will be penalized by a deduction: -1.0 per program. Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program.

Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance, it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction: -1.0 per program. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is four minutes for all Artistic Free Skating and Pair Artistic Free Skating events.

Singles Artistic Free Skating

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins MUST be included. For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters and Elite levels Axels are permitted. For all levels no double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Elite and Masters Artistic Free Skating is 2 minutes +/-10 seconds.

The program duration for Gold, Silver and Bronze Artistic Free Skating is 1 minute and 30 seconds, +/-10 seconds.

General Requirements for Pair Artistic Free Skating

- Each pair artistic team must consist of one man and one woman.
- It is expected that pair couples will enter at the skill level of the more skilled skater.

Pair Artistic Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair skaters. The technical requirements are the same as those for the category "Masters Pair Artistic Free Skating."

Pair Artistic Free Skating Masters

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair program must include at least two (2) and no more than four (4) elements selected from:

- A. A maximum of one (1) throw jump. Double and triple jumps are not permitted. A Waltz jump is not considered a listed single jump.
 - B. A maximum of one (1) pair spin (or pair combination spin).
 - C. A maximum of one (1) death spiral or pivot figure (position of the woman optional).
 - D. A maximum of one (1) lift of Group 1 or Group 2.
- Variations of the woman's position, no handed and one-handed lifts and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

The program duration is 2 minutes and 10 seconds, +/-10 seconds.

The points for each Program Component are multiplied by a factor of 1.0.

Pair Artistic Free Skating Intermediate

The program must include at least two (2) and no more than four (4) elements selected from:

- A. A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted.
 - B. A maximum of one (1) pair spin (pair spin or pair spin combination).
 - C. A maximum of one (1) death spiral or pivot figure (position of the Woman optional).
 - D. A maximum of one (1) lift of Group 1 or Group 2.
- Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - The duration is 1 minute and 40 seconds, +/-10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0.

Pair Artistic Free Skating Adult

The program must include at least two (2) and no more than four (4) elements selected from:

- A. A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted.
 - B. A maximum of one (1) pair spin. Pair spin combinations are not permitted.
 - C. A maximum of one (1) pivot figure (position of the Woman optional).
 - D. A maximum of one (1) lift of Group 1 or Group 2.
- Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

- The duration is 1 minute and 40 seconds, +/-10 seconds.
- The points for each Program Component are multiplied by a factor of 1.0.

Tips

Rink

The competition will take place in:

Iscenter Nord
Skøjtealleen 4
9900 Frederikshavn, Denmark

The ice surface is 60 x 30 meters and has protective plastic screens on the sides.

Please note that the location can change in case the responsible authority denies the right to carry out a public event at the foreseen venue and an alternative rink is available. In that case, all participants will be informed.

Travel

The rink is located in the southern area of Frederikshavn, close to the E45 highway. There are a limited number of parking places at the rink.

Shuttle possibilities

Hirtshals Harbour, one way; 40 Euro (300 DKK)

Aalborg Airport, one way; 40 Euro (300 DKK)

Shuttle between Spectrum Sæby and icerink (2x to rink and 1x to Spectrum); 15 Euro (115 DKK)

Reception/Check in

The office hours of the reception area are:

- Friday February 7th 2025 12 pm – 8 pm
- Saturday February 8th 2025 8 am – 6 pm
- Sunday February 9th 2025 8 am – 3 pm

All participants are requested to check in at the reception area as soon as they reach the rink.

Times are subjected to change. Please refer to the website for any updates.

Starting order

Starting order will be determined by computer lottery before the competition begins.

Admission

The public viewers are welcome. Entrance to the competition is free.

The local organization committee reserves the right to limit the number of spectators on site and to deny access to any further spectators if this is required by the competent authority as a precondition for the event to take place.

Music and PPC

We need your music file in **.mp3** format and your PPC in a PDF format. **You are required to upload your music and PPC via this link transfERNOW.net** by following the instructions below.

The music can be uploaded from the day of registration till January 15th. It is crucial that you label your .mp3 file as advised on the description. Titles like “unknown” cannot be accepted. Please bring along a backup file either in a CD or USB stick or on a mobile phone. In case the backup file is on a mobile phone, it must be immediately available rink side whenever the skater competes.

An appropriate adapter (USB-C, Apple Lightning) must be provided with the phone if it does not have a standard 3.5mm headphone jack. The phone should be presented to the music official with music ready to play. Please note that this is only a backup option and does not replace the music upload.

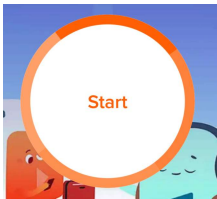
Please label your .mp3 file:

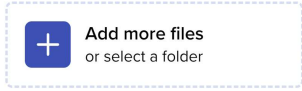
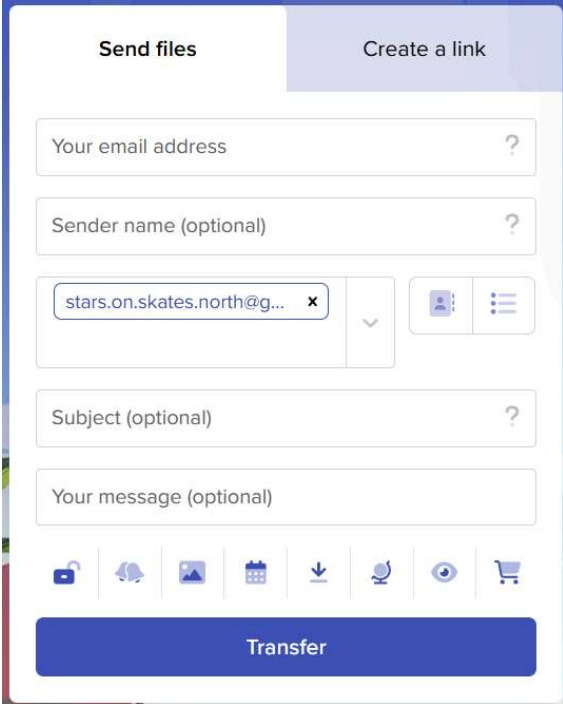
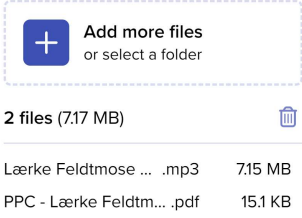

LAST NAME – FIRST NAME– LEVEL – AGE GROUP

Level	Bronze, Gold, Master or Mater Elite
Age Group	Women I, Women II, Women Young adult Men I, Men II, Men Young adult

Examples:

- Jensen – Susanne – Bronze – Women young adult

1	Follow the link	transfERNOW.net
2	Push start	

3	Choose the music you would like to upload (remember to name the file with your name, level and group)	
4	Add PPC by pushing - 'Ad more files'	
5	Fill in the informations in the form: <ol style="list-style-type: none"> 1. Your mail address 2. Your name 3. Recipient(s) mail: stars.on.skates.north@gmail.com 4. Subject; your level and group 	
6	Check that you have attached both files	
7	Push Transfer	
You have now send your PPC and Music, and will receive a receipt in your mail.		

Provisional Schedule

This schedule is non-binding. Individual competitions may take place on days other than those listed below. The final schedule will be published after the entry deadline.

Saturday, 8 th February 2024 9 am – 9 pm	Free Skating program 1
Sunday, 10th March 2024 9 am – 7 pm	Free Skating program 2

Training

It's possible to buy extra training with headcoach from SOS Nord Friday before the competition. You can do so, by contacting SOS Nord headcoach on mail: coach@sosnord.dk

There is a limited amount of training slots, therefore it is distributed according to principles of 'first come first served'.

The price is:

- 20 Euro - 150 DKK - pr. skater for a group-pas of 45 minutes with coach (maximum 8 skaters with coach)
- 15 Euro - 110 DKK - pr. skater for a group-pas of 45 minutes without coach

The schedule with official training times – to the extent possible – will be announced via the website. Should additional training times be made available, you will be informed after the close of registration. Please be advised that the official training in the competition venue cannot be guaranteed

Accommodation

Sæby Spektrum - Sæbygårdvej 32, 9300 Sæby

The hotel is the same as the Banquette party, whereas there will be provided a shuttle bus from the hotel to the rink.

For booking in english; <https://urlgo.dk/n28km>

For booking in danish; <https://urlgo.dk/1haf4>

Hotel Lisboa - Søndergade 248, 9900 Frederikshavn

The hotel is within walking distance to the rink.

For booking; <https://lisboa.dk>

Hotel Frederikshavn - Tordenskjoldsgade 15b, 9900 Frederikshavn

For booking email the hotel: salg@hotelfrederikshavn.dk - For special event prices inform the booking with the code "stars-on-skates-north".

For booking; <https://www.hotelfrederikshavn.dk>

Hotel Jutlandia - *Havnepladsen 1, 9900 Frederikshavn*
For booking; <https://www.hotel-jutlandia.dk>