



Announcement

Grünerhallen
Oslo, Norway

Saturday 15th March 2014
Sunday 16th March 2014

Debs	Girls
Debs	Boys
Novice	Girls
Novice	Boys
Junior	Ladies
Junior	Men
Senior	Ladies

Arranged by Oslo Skøiteklub (OSK)
www.oslosk.no

Oslo Skøiteklub has the pleasure to invite you to OSK Interskate 2014:

Participation is open to all competitors/clubs who are a member of ISU and qualify, with regard to eligibility, according to Rule 102 (provided their ages fall with the limits specified in Rule 108, par.2. b), c), d)). Requirements of ISU Communication 1420 must be fulfilled. Passports of all skaters, as well as Clearance Certificates if applicable, must be presented for verification at the accreditation event.

- An international competition that is open to all clubs
- Prizes both for overall performance as well as in different categories,
- “After Skate” party in Grünerhallen after the end of Saturday’s competition with prize giving, food, drinks and mingling!
- Participants get a lovely “competition jacket”
- The competition will be streamed live and the results will be updated on “Rink Results”

The competition and the accreditation will be held in Grünerhallen, Oslo.

Date: 15th (Saturday) to 16th(Sunday) March, time: Saturday and Sunday at 9 am.

Address : Seilduksgt. 30, 0553 Oslo

Organizer : Oslo Skøiteklub

Website : www.oslosk.no

Schedule

The list of participants will be published on our website on the 21th of February 2014. The final time schedule, with starting numbers, will be published on our website on Thursday, 13th of March. Draw will be done Thursday the 13th of March prior to the competition.

Draw

The draw will be conducted at Grünerhallen on Thursday the 13th of March and the results will be published on our website the same day.

The start list of the free program will depend on the results of the short program, and will be in reverse order.

Saturday March, 15th

09.00

Debs Girls- SP

Debs Boys- SP

Novice Girls- SP

Novice Boys- SP

Junior Ladies- SP

Junior Men- SP

Senior Ladies- SP

Sunday March, 16th

09.00

Debs Girls - FS
Debs Boys - FS
Novice Boys- FS
Novice Girls-FS
Junior Ladies-FS
Junior Men- FS
Senior Ladies- FS

Detailed Schedule will be published at latest February 25th .

Rules

The competition will be held in the following singles skating categories:

ISU SENIOR LADIES	Age:	see ISU Rule 108, paragraph 2 (b)	SP/FS	IJS/ISU RULES 2012
ISU JUNIOR LADIES	Age:	see ISU Rule 108, paragraph 2 (c)	SP/FS	IJS/ISU RULES 2012
ISU JUNIOR MEN	Age:	see ISU Rule 108, paragraph 2 (c)	SP/FS	IJS/ISU RULES 2012
ISU NOVICE A GIRLS	Age:	see ISU Rule 108, paragraph 2 (d)	SP/FS	IJS/ISU RULES 2012 *
ISU NOVICE A BOYS	Age:	see ISU Rule 108, paragraph 2 (d)	SP/FS	IJS/ISU RULES 2012*
DEBS GIRLS	Age:	born January 1. 2003 or earlier	SP/FS	IJS/Norwegian rules*
DEBS BOYS	Age:	born January 1. 2003 or earlier	SP/FS	IJS/Norwegian rules*

For the Novice category in accordance with ISU **Communication 1760, or an updated document of this Communication.**

There is no upper age limit in Debs.

*All skaters need to follow the rule of Norges Idrettsforbund: Skaters can compete the year they turn 11 years old.

Debs will be judged with the same components and levels as ISU-Novice;

Levels explanations:

For Advanced Novice and Debs 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

DEBS

Short Program DEBS girls (max 2.30)

1. 1A or 2A
2. One double jump executed directly from steps. Must be different than number 1.
3. Jump combination consisting of single/double, double/double, triple/single or triple/double. Jumps from 1 or 2 may not be repeated.
4. Lsp (5)
5. CCosp (one change of foot only) with at least two basic positions (5+5)
6. StSq

Short program DEBS boys (max 2.30)

1. 1A or 2A
2. One double jump executed directly from steps. Must be different from that of number 1.
3. Jump combination consisting of single/double, double/double, triple/single or triple/double. Jumps from 1 or 2 may not be repeated.
4. CCsp or CSsp (6 total)
5. CCosp (one change of foot only) with at least two basic positions (5+5)
6. StSq

Girls Free Skate (3 minutes +/- 10 seconds)

- A maximum of two spins
 - A Flying Spin without change of position and a minimum of 5 revolutions
 - A Change Combination Spin. A flying entrance is permitted and a total of at least 8 revolutions are required.
- A maximum of six jumps
 - One of the six jumps must be an Axel
 - There is a maximum of two jump combinations/sequences, where only one of the combinations/sequences can contain more than two jumps.
 - Only two jumps of 2, 2½, 3 revolutions may be repeated once. The repeated jump must be in a combination/sequence.
- Step Sequence.

Boys Free Skate (3 minutes and 30 seconds +/- 10 seconds)

- A maximum of two spins
 - A Flying Spin without change of position and a minimum of 5 revolutions
 - A Change Combination Spin. A flying entrance is permitted and a total of at least 8 revolutions are required.
- A maximum of seven jumps
 - One of the seven jumps must be an Axel
 - There is a maximum of two jump combinations/sequences, where only one of the combinations/sequences can contain more than two jumps.
 - Only two jumps of 2, 2½, 3 revolutions may be repeated once. The repeated jump must be in a combination/sequence.
- Step Sequence.

Registration of participants

Registration must be done by the 1th of February 2014. (Appendix 1)

Registration must include: name, date of birth, category. All skaters must also provide the Planned program sheet (Appendix 2). The organizer retains the right to limit/increase the number of participants in each category. The clubs are asked to list the skaters according to the order in which they wish the skaters to be accepted to the competition.

Participation will be confirmed by e-mail by 9th of February.

Registration should be sent, by email, to Eli Størksen : eli.s@online.no

Planned program sheet

All foreign (non Norwegian) participants are requested to send their planned program sheet to eli.s@online.no by 1th of February 2014. The planned program sheet for the Norwegian skaters will be downloaded from NSFs "Stevnepakken". The sheet must be completed in English using the terminology listed in ISU –rules.

Entry fee, deadline

Deadline, for registration and payment, is by 1th of February 2014.

The entry fee is 90 EUR (NOK 700) per person irrespective of category, and must be paid fully, at the time of registering, to the following account :

Account Number - 6049 05 03601

Swift code - NDEANOKK

IBAN - NO1260490503601

Oslo Skøiteklub – Anneli Aschim Lae, Post Box 5129, Majorstua, 0302 Oslo.

We request all clubs to pay the total amount for all their participants. The competition fee will not be refunded should participants withdraw after February 1th (as per the rules of the Norwegian Skating Association).

The fee will be refunded if a participant is unable to participate due to limitations imposed on the numbers of participants.

The clubs are requested to inform, at the earliest, should there be any change to the registrations. Changes are to be emailed to Eli Størksen - eli.s@online.no

Music

Music must be submitted on a CD (not CD-RW or DVD)

The CD must be labeled with the participant´s full name, club and group.

All participants must bring an extra copy of their music as a standby during the competition period. Submission of the CD is done at the time of checking in, prior to the start of the competition, at the organizer´s marked location.

Prize giving/AfterSkate

All participants will be awarded a prize. There will be an "After Skate" party, at the Grünerhallen, on Saturday evening. There will be a simple selection of food and drinks. We will present prizes for the day's best (highest attained points) in jump elements, step sequence, and spins.

Please note that the ranking will be decided based on the results list from Rink Result.

Examples:

http://www.rinkresults.com/results/nor/2012/2012_12_SKK_LMNM/no/

[highlights/junior_damer_total_spins.html](http://www.rinkresults.com/results/nor/2012/2012_12_SKK_LMNM/no/highlights/junior_damer_total_spins.html)

<https://www.facebook.com/rinkresults>

The "AfterSkate" fee is 200 NOKs per participant (Skater, coach , attendee) and shall be paid in at the time of paying for the competition entry. Kindly note the name, club and the number of participants for the "AfterSkate" party.

Expenses skaters/coaches

Travel costs, food & accommodation costs etc must be borne by the individual/club.

COMPOSITION OF PANELS

Participating Clubs and federations are welcome to propose ISU, international or national championship recognised Judges, Technical controllers and Technical Specialists. The host club will make a selection based on the order the candidates are received, country and qualifications. The panels will be announced on February 1st.

The host club will cover the costs of accommodation for all Judges, Technical Specialists, controllers and technical staff during the competition. Travel costs for officials from outside Norway will be born by the respective club/ISU member. Lunch will be served at the rink. Please fill in the Judge's form (Annex 3) and return not later than 2nd of January 2014. Please email the Judge's form to eli.s@online.no

Transport and Accommodation

For those staying at the competition hotel, they can use the tram from the Oslo Centrum to Grünerhallen. Please see www.ruter.no for more information.

Competitors and coaches may book their own rooms at the competition hotel, Thon Hotel Opera, Dronning Eufemias gate 4.

Price pr room pr. night:

Single room	895 NOKs including breakfast
Double room	1295 NOKs including breakfast

To avail of the rates above, please use the following reference number : 6077973

Hotel's email address : opera@thonhotels.no

Telephone number : +47 24 10 30 00

Travel to Oslo

Gardermoen is the nearest airport.

The easiest way to travel to the hotel, from the airport, is either by bus (flybussen) or train (flytoget).

Protocol/ List of results

The judge's score and the results for all classes will be published on our website.

The organizer will print out the list upon request.

Disclaimer

Oslo Skøiteklub takes no responsibility for any injuries, accidents, thievery, loss etc incurred by any participant, judge or others connected to the event. It is expected, as per the ISU rule 119, that all members have their own insurance to cover any such eventuality.

Program changes

Oslo Skøiteklub reserves the right to make changes to the program as per need.

If you have any queries, please contact us. We look forward to welcoming you to OSK INTERSKATE 2014.

On behalf of the organizing committee

Lisbeth Holtebu and Anne-Lisbeth Østenheden