



ANNOUNCEMENT/INVITATION



International competition for

**Senior Ladies and Men
Junior Ladies and Men
Novice Girls and Boys**



GENERAL REGULATION:

The Nordics will be conducted in accordance with ISU Constitution and General Regulations 2009, the ISU Special Regulation for Figure Skating as well as all pertinent ISU Communications for Figure Skating.

All Competitors must be eligible persons in accordance with Rule 102 and members of their respective Associations in accordance with Rule 109 and ISU communications 1420 as well as the rules for the Nordics.

Participation in The Nordics is open to all competitors belonging to the following ISU Members:

Senior Ladies and Men: Open for all members of the ISU

Junior Ladies and Men, Novice Girls and Boys:

Dansk Skøjte Union
Icelandic Skating Association
Norges Skøyteforbund
Svenska Konståkningsförbundet
Suomen Taitoluisteluliitto

and who qualify with regards to eligibility according to ISU Rules 102 provided their ages fall within the limits specified in Rule 108 2b & c. For Novice communication 1397.

TECHINICAL DATA

The events will take place in Askerhallen, Asker (main rink) and Holmenhallen, Asker (practice rink).

Main rink indoor and heated, size 30x60m

Practice rink indoor and heated, size 30x60m

Seniors:

Short program	Duration	Ladies	max 2 min 50 sec
		Men	max 2 min 50 sec
Free skating	Duration	Ladies	4 min +/- 10 sec
		Men	4 min 30 sec +/- 10 sec

Short program in accordance with rule 510 paragraphs 1,2, and 4

Free skating in accordance with rule 520.

Juniors:

Short program	Duration	Ladies	max 2 min 50 sec
		Men	max 2 min 50 sec
Free skating	Duration	Ladies	3 min 30 sec +/- 10 sec
		Men	4 min +/- 10 sec



Short program in accordance with rule 510 paragraphs 1,3 and 4
Free skating in accordance with rule 520.

Novice:

Short program	Duration	Ladies	max 2 min 30 sec
		Men	max 2 min 30 sec
Free skating	Duration	Ladies	3 min 10 sec +/- 10 sec
		Men	3 min 30 sec +/- 10 sec

Short program and free skating elements requirements are accordance with ISU Communication 1397.

ENTRIES:

Each invited Member has the right to enter competitors as follows:

Nordic countries:

Senior Ladies	3	Junior Ladies	4	Novice Girls	3
Men	3	Men	4	Boys	3

Other ISU members:

Senior Ladies	1
Men	1

Please fill in Composition of team form by November 10th

The entries must include details of the participants age, which must be clearly documented.

OFFICIALS

The host country is responsible for appointing Referees and Technical panels for all categories and for composing the Judges panels, with at least one neutral judge from a country outside the Nordic countries.

Each country is responsible for providing one judge for each panel, of each of the categories contested but must at the least provide a judge for the categories in which they have entries.

Each country sends the name of their candidates to the Technical panel by November 10th preceding the Nordics.

All officials must have at least international qualifications

The host country has the right to complement any judging panel which is not complete, with an eligible judge.

Please fill in Entry form judges by November 10th



Changes of the preliminary entries of Competitors, Judges and Technicals (TS/TC/DO/VR) made by November 10th, 2009, must be sent to organizer by January 2, 2010. Final entries by name must be sent by January 18, 2010.

The official entry forms must be used and sent to

Norges Skøyteforbund
Serviceboks 1, Ullevål stadion
0840 Oslo
E-mail: skoyteforbundet@nif.idrett.no
Fax: +47 21029721

Entry Fee:

The entry fee is 50 Euro/skater but a minimum of 250 Euro per Nordic Member. Other ISU members: 50 Euro/skater. Amount due for payment by November 10th

Asker Kunstløpsklubb
Bank: DNB NOR
Bank code: DNBANOKKAKR (Swift address)
Account number IBAN NO8516201132995
Please specify in your payment what portion is denoted for entry fee.

EXPENSES:

Each participating Member must bear all expenses for their Competitors, Judges, Technical Panel members (TC/TS/DO/VR), Team Leader and Coaches.

Travel and accommodation expenses will be paid only for invited Referees, Invited Technical Panel members and Judges from outside the Nordic countries. Nordic countries that do not enter Technical Panel members must take part in sharing the cost of those that the organizer must find to complete the technical panels.

Hotel rooms must be paid by the respective Member directly to the hotel.

REGISTRATION:

Accreditation will be given to all Referees, Judges, Technical Panel members, Competitors, Team Leaders, Coaches, Competitors and Representatives from each Member Federation, Accreditation will be given at the hotel upon arrival.

MUSIC:

In accordance with ISU Rule 343 paragraph 1 all Competitors shall furnish competition music of excellent quality on 2 CDs or music file on a memory stick. Each programme (short/free)



must be recorded on one track respectively on a separate disc or music file. Discs or memory stick must be clearly marked with competition event, competition name, nation and the exact running time of the music (not skating time) including any starting signal and must be submitted to the Organizer at the hotel upon registration.

RESULT:

The result will be calculated according to ISU regulation rule 352 and 353.

AWARDS:

The three best placed competitors in each event will be announced and honoured at the official Victory ceremony. Gold, silver and bronze medals will be presented to the medalists. The national anthem of the winner will be played and the flag of the medal winners hoisted.

LIABILITY:

In accordance with ISU Rule 119 the Organizer accept no liability for injury or for property loss or damage incurred by Competitors or Officials. Each ISU Member is expected to provide its own insurance protection.

ANTI – DOPING:

Doping tests may be carried out as per ISU Communication 1447 and 1448 or any later update.

ACCOMMODATION AND MEALS:

The official hotel is:

Thon Hotel Vetre

Konglungveien 201

N-1392 Vetre

Mail: line.taraldsen@vetre.no

Tel : +47 66902211

Fax: +47 66902830

For information about the hotel: www.thonhotels.no/vetre

Booking reference: AKK

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Hotel accommodation February 3- 8 must be booked by each participating Member to the hotel directly. The hotel Sheet may be used. Please make the hotel reservation as soon as possible.

Price	Single room	625,-NOK person night
	Double room	375,- NOK person/night
	Triple room	300,- NOK person/night



Hotel rooms include breakfast and VAT

Hotel rooms must be paid directly to the hotel.

The Reception will take place on Thursday February 5th . in the hotel. The price for the reception is 190,- NOK per person.

Teams can buy meal vouchers for lunch on Thursday, Friday, Saturday , Sunday and dinner Wednesday, Thursday, Friday and Saturday. The price is 130,- NOK pr. voucher. Meal vouchers will be distributed to the Team Leaders. Meals will be served in the arena. If you prefer to have lunch or dinner at the hotel this must be booked at the hotel at the latest one day in advance. This is not covered by the meal vouchers, but has to be paid directly to the hotel.

Meals and Reception must be booked by the respective Member on form 6
Please specify in your payment what portion is denoted for the Reception respectively for the meals.

TRANSPORTATION:

The official hotel is about 1 km from the main rink and 4 km from the practice rink.

When arriving to the Gardermoen airport, go by train to Asker station (about 1 hour travel). Transport from the railway station Asker to the hotel will be provided by the organizer. The transport cost from railway station in Asker to the hotel is 50,- NOK per person. Please indicate your arrival time at Asker station on the Team travel form and if transport to the hotel is wanted. Please specify in your payment what portion is denoted for the transport.

INFORMATION

For further information please contact

Norges Skøyteforbund
Serviceboks , Ullevål Stadion
0840 Oslo
Norway

Mail: skoyteforbundet@nif.idrett.no

Payment of all cost to:

Asker Kunstløpsklubb
PO Box 395
1371 Asker
Norway



When paying please specify for what each portion on the amount is denoted.

Home page address for the competition: www.akk.no from 01.11.2009.

FORMS AND RETURN DATE:

Form	Form content	Return date
Form 1	Composition of delegation	10.11.2009
Form 2	Entry Form for Judges	10.11.2009
Form 3	Declaration	18.01.2010
Form 4	Entry Form for Competitors	18.01.2010
Form 5	Hotell Sheet	18.01.2010
Form 6	Meals and Reception	18.01.2010
Form 7	Planned Program Content	18.01.2010
Form 8	Team Travel form	18.01.2010



PRELIMINARY TIME SCHEDULE (subject to change)

Thursday February 4th 2010

0900	Draw Novice - Thon hotel Vettre
0900	Technical Panel meeting - Thon hotel Vettre
1030-14:20	Official practices
1400	/Judges meeting – Thon hotel Vettre
1515	Opening on ice - Main rink
1530	Draw Junior – Main rink
1600-	Competition Novice girls and boys SP - Main rink
1945	Draw senior – Thon hotel Vettre
2100	Reception – Thon hotel Vettre

Friday February 5th 2010

0630-13:45	Official practices
0800	Nordic meeting – Thon hotel Vettre
1145-1600	Competition Junior Ladies and Men SP - Main rink
1630- 2251	Competition Senior Ladies and Men SP - Main rink
1645	Draw starting order FS for Junior Ladies and men – Main rink
2000	Draw starting order FS for Senior Ladies – Main rink
2300	Draw starting order FS for Senior Men – Main rink0

Saturday February 6th 2010

0630-14:00	Official practices
1100-1500	Competition Novice Boys and Girls FS - Main rink
1515-1800	Competition Junior Ladies FS - Main rink
1830-2145	Competition Senior Men FS - Main rink
2245	Victory Ceremony for Novice Boys and Girls. Junior Ladies and Senior Men – Main rink
TBA	Round table discussions for Novice Girls
TBA	Round table discussion for Novice Boys

Sunday February 7th 2010

0630-10:10	Official practices
0800	Round table discussion for Junior Ladies
TBA	Round table discussion for Junior Men
TBA	Round table discussion for Senior Men
TBA	Round table discussion for Senior Ladies
1045-1215	Competition Junior Men FS - Main rink
1240-1600	Competition Senior Ladies FS - Main rink
1645	Victory Ceremony for Junior Men and senior Ladies – Main rink.