

NORDICS-NORDICS OPEN
6-9 FEB 2025
FIGURE SKATING
VARNER ARENA-ASKER-NORWAY



NORDICS OPEN 2025

Junior/Senior - Men & Women

February 6-9

Asker, Norway



1. GENERAL REGULATIONS

The Nordics Open will be conducted in accordance with the ISU Constitution and General Regulations 2024, the ISU Special Regulations & Technical Rules for Single & Pair Skating 2024, and all relevant ISU Communications.

Participation in the Nordics Open is **open to all Competitors who belong to an ISU Member** and qualify with regard to eligibility according to Rule 102, provided their ages fall within the limits specified in Rule 108, paragraph 3 a) and they meet the participation, citizenship and residency requirements in Rule 109, paragraphs 1 through 5 and ISU Communication 2526 or any update of this Communication.

Passports/EU ID cards of all Skaters, as well as the ISU Clearance Certificate, if applicable, must be presented at the accreditation of the event for verification.

All competitors must be entered through their respective Member Federation.

The Nordics Open 2024 is organized by Asker Kunstløpklubb and the Norwegian Skating Association and is organized at the same time as Nordics (Adv. Novice, only open to Nordic ISU members)

2. TECHNICAL DATA

VENUE

Main arena (MR):

Varner Arena, Risenga idrettspark, An indoor ice-rink with the ice surface of 26 x 60 m, air-conditioned and heated,

Practice rink (PR):

Askerhallen, Risenga idrettspark. An indoor ice-rink with the ice surface of 30 x 60 m, air-conditioned and heated. The main arena and the practice rink are located side by side.

SENIOR MEN	Short program	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 2 Duration: 2 min 40 sec +/- 10 sec
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Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2024, Rule 612 and respective ISU Communications. Special attention should be paid to the “well balanced program” and the element value.

Duration: 4 min 10 sec +/-10 sec

SENIOR
WOMEN

Short program The required elements to be skated re those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 2

Duration: 2 min 40 sec +/- 10 sec

Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2024, Rule 612 and respective ISU Communications. Special attention should be paid to the “well balanced program” and the element value.

Duration: 4 min 10 sec +/-10 sec

JUNIOR
MEN

Short program The required elements to be skated re those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 3

Duration: 2 min 40 sec +/- 10 sec

Free Skating In accordance with ISU Technical Rules Single & Pair Skating 2024, Rule 612 and respective ISU Communications. Special attention should be paid to the “well balanced program” and the element value.

Duration: 3 min 30 sec +/-10 sec

JUNIOR WOMEN	Short program	The required elements to be skated re those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 3 Duration: 2 min 40 sec +/- 10 sec
	Free Skating	In accordance with ISU Technical Rules Single & Pair Skating 2024, Rule 612 and respective ISU Communications. Special attention should be paid to the “well balanced program” and the element value. Duration: 3 min 30 sec +/-10 sec

3. ENTRIES

Entries by names must be made via the ISU Online Registration Competitors System (ORS): <https://fms.sportresult.com/isu> by December 20, 2024 20:00 local time Oslo at the latest.

Entries of competitors

Each invited Member from the *Nordic countries* has the right to enter competitors as follows:

3 Senior Men and 3 Senior Women

3 Junior Men and 3 Junior Women

Based on the result of The Nordics Open 2024 and the Nordic Rules:

Junior Men:

Junior Women:

Sweden has one (1) extra entry

Finland has one (1) extra entry

Finland has one (1) extra entry

Sweden has one (1) extra entry

Each invited Member from *all other ISU Members* has the right to enter competitors as follows;

2 Senior Men and 2 Senior Women

2 Junior Men and 2 Junior Women

Citizen / Residence requirements and Clearance Procedure: In accordance with Rule 109 of ISU Regulations and ISU Communication 2030 or any update of it, all skaters who do not have the Nationality of the Member, which they have been entered or who although having such nationality, have in the past representing another Member, must produce an ISU Clearance Certificate.

Entries of officials

The host Nordic country member is responsible for appointing Referees and Technical panels for all categories, following initial suggestions from the Nordic country members as well as for the appointment of the Judges panels.

Each Nordic country member is responsible for providing at least one (1) international or ISU level judge, and at least one (1) technical panel member, but maximum two (2) Technical Controllers or Specialists. ISU members from outside the Nordics region can also propose judges. The Host country completes the panels of Officials according to the ISU Rules and relevant Communications regarding world standing points and officials' activity.

Entry fee

The entry fee is 75 € per skater and a minimum of 250 € per Nordic Member. In addition each Nordic country pays a contribution of 500 €.

The entry fee will not be refunded in case of withdrawals for any reason. Entry fee must be paid by January 5 2025 through invoice to be sent out after the final entry day.

4. MUSIC & PLANNED PROGRAM CONTENT

Music files in mp3 format are requested to be uploaded on web links not later than January 5. See page 7. Each competitor must have an own back up-drive (USB stick) with music files in the format of MP3. Each file must be clearly marked with: Name, category, country and type of program (SP/FS). Please note: CD:s will not be accepted. The Planned Program Content must also be entered by the ISU Member or the skater in the ISU portal.

5. ACCOMMODATION AND MEALS

Official hotel:

Scandic Hotel Asker

Askerveien 61

1384 Asker

Hotel accommodation must be booked through the Organizer via ORS latest December 20, 2024

All room rates include breakfast, VAT and free Wi-Fi.

Single room	1400 NOK/room and night
Double room	1600 NOK/room and night
Triple room	1900 NOK/room and night

Hotel rooms must be booked through the Organizing Committee only.

Chaperon Accommodation

It is not possible for Chaperons to book accommodation at the official hotel.

The Organizing Committee can recommend chaperons to make their booking at:

[Thon Hotel Vettre](#)

[Quality Hotel Leangkollen](#)

Meals

Teams can book meals, lunch and dinner, starting on Thursday lunch and ending with Sunday lunch except Friday dinner (banquet will be arranged). Meals can be booked at the Varner Arena or at Scandic Asker.

Arena:

Cost per meal and person is 175 NOK.

Lunch Arena between 11:00-14:00

Dinner Arena between 18:00-21:00

Scandic Asker - buffé:

Lunch buffet 245 NOK/person - 11:30-14:00

Dinner buffet 275 SEK per person – 19:00-22:00

All meals must be pre booked by Jan. 5 by each Member. (before this date the panels will be published)

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The Official Dinner

The Official Dinner for the Officials, coaches, team leaders and skaters will be held on Friday evening 19:30 at Scandic Hotel Asker. The dinner cost is 450 NOK/ person.

Meal tickets will be distributed to the Team Leaders at the time of registration according to bookings.

6. TRANSPORTATION

The closest international airport is Oslo international airport. From OSL there is approximately 45 minutes by train to Asker. The Organizer will not provide pick up service at the airport, since the public airport train and railway run frequently to/from Asker.

Flytoget

Vy.no

The railway station and the stop for the airport train are within walking distance to the official hotel.

Local transport

The Organizing Committee will provide shuttle transport between the Scandic Hotel Asker and the venue from Thursday morning to Sunday after VC.

7. PRACTICE

Official practice begins Thursday February 6 for all categories. There will also be possibilities for Unofficial practice for Junior and Senior Thursday. Please see details in the schedule.

The detailed practice schedules will be available after the final entry day

8. EXPENSES

Each participating Member must bear all expenses for their Competitors, Judges, Technical Panel (TC/TS/DO/RO), Team Leaders and Coaches. The meals (lunch and dinner) and pocket money for the Technical Panel members are borne by the Organizer.

If a Nordic country does not provide a judge and a technical panel person from their own country, the Country must cover the costs of one judge/technical panel person invited by the organizer. Travel and accommodation expenses will be paid only for the *invited* Referees, *invited* Technical Panel Members and *invited* Judges from outside Nordic countries.

9. REGISTRATION

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

10. STARTING ORDER AND DRAW

Judging and calculations will be done according to ISU Special Regulations Single & Pair Skating and Ice Dance 2024, Rules 352 and 353.

The draws will be conducted according to schedule and rule 512 and 513. The starting order for the Free Skating will be in reverse order of the result of the Short Program according to ISU Rule 513 2a. See schedule.

11. RESULTS

Judging and calculations will be done according to ISU Special Regulations Single & Pair Skating and Ice Dance 2024, Rules 352 and 353.

The result will be published online <https://www.skoyteforbundet.no/kunstlopp/nordics-open/>

12. AWARDS

The three best-placed Competitors in each event will be announced and honored 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.

13. LIABILITY

In accordance with ISU Rule 119, it is the sole obligation of each member participating in The Nordics 2024, to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious means. The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred by competitors and officials.

14. MEETINGS FOR EVENT OFFICIALS AND JUDGES

All referees, Technical Controllers, Technical Specialists, Data and Replay Operators and Judges are responsible for making their travel arrangements in order to be able to attend the respective event related meetings. See schedule in para. 17.

15. INFORMATION

For further information, please contact the Organizing Committee:

Asker kunstløpklubb and the Norwegian Figure Skating Association

E-mail: nordics@akk.no

All relevant info will be published in the Sportity-app and on the WEBSITE:

<https://www.skoyteforbundet.no/kunstlop/nordics-open/>



The graphic features a purple and pink background with the Sportity logo at the top left. Below the logo, the text reads: "For direct event information please download the Sportity app and insert this password:". The password "nordics25" is displayed in a large white box. Below the password, it says "Sportity app is available in" followed by "Available on the App Store" and "Get it on Google play" with their respective logos. At the bottom, there are two QR codes and the website "www.sportity.com".

16. ENTRY & BOOKING DEADLINES

All entries by name	https://fsk-ors.isu.swisstiming.com/	December 20, 2024
ISU Portal for PPC etc	https://portal.isu.swisstiming.com/	December 20, 2024
Accomodation	https://fsk-ors.isu.swisstiming.com/	December 20, 2024
Meals & banquet	Link for meals and banquet	January 5, 2024
Competition Music	Each skater register here	January 5, 2024

Please, mark the music files:

Category_Name_program_nation

Example:

JuniorMen_ErikOlsen_SP_NOR

JuniorMen_ErikOlsen_FS_NOR

17. PRELIMINARY TIME SCHEDULE – SUBJECT TO BE CHANGED

Wednesday, Feb 5th

Arrival of the teams

Draw starting order Novice Girls & Boys, Junior Men (electronic draw)

Thursday, Feb 6th

Official practice Novice Girls & Boys, Junior Men
Unofficial practice Junior Women, Senior Women & Men
Draw starting order Junior Women (electronic draw)
Initial Judges Meeting/Initial Technical Panel Meeting
Opening Ceremony
Novice Girls & Boys SP
Junior Men SP

Friday, Feb 7th

Official practice all categories
Nordic Meeting
Novice Girls & Boys FS
Junior Women SP
Junior Men FS
Draw Senior Women & Men (electronic draw)
Victory Ceremony Novice Girls & Boys, Junior Men
Banquet at Scandic Asker

Saturday, Feb 8th

Official practice Junior Women, Senior Women & Men
Round table discussion Junior Men
Round table discussion Novice Girls & Boys, Junior Men
Technical Panel Review Novice Girls & Boys, Junior Men
Coaches Seminar
Senior Women SP
Senior Men SP
Junior Women FS
Victory Ceremony Junior Women & Men

Sunday, Feb 9th

Official practice Senior Women & Men
Round table discussion Junior Women
Senior Women FS
Senior Men FS
Victory Ceremony Senior Women & Men

Technical Panel Meeting Senior Women, Senior Men

Round table discussion Senior Women, Senior Men

18. ASKER CENTRUM AND THE VENUE AREA

Varner Arena is located sideby Askerhallen in Risenga, in the center of Asker.

In Asker centrum you will find lots of shops, some restaurants and other types of sports facilities within walking distance. Varner Arena is 10 minutes walking distance from Asker centrum. There is a parking lot in the cellar of Varner Arena. You have to install the app Easy-park for payment.

The arena itself has all the functions that the Nordics needs and contains two separate ice surfaces: the main rink which is our official practice & competition arena, and the practice rink, which is only used for practice during the Nordics.

Welcome to Asker and Norway!