

PORTUGAL FIGURE SKATING GENERAL REGULATIONS

Season 2025/2026

TABLE OF CONTENT:

A. Skating Divisions and Application of Regulations.....	4
1. Divisions of Figure Skating	4
2. Application of ISU Regulations	4
3. Authority to Delay Implementation of Amended ISU Regulations	4
B. General Rules Applicable to All Disciplines	4
1. Figure Skating Blades	4
2. Clothing and Props	5
3. Prompting	5
4. Bowing	5
5. Music Used for Competitions and Medal Tests	5
6. Code of Good Conduct	6
C. Eligibility, Seasonal Framework, and Applicable Regulations	9
1. Eligibility for Federation Events	9
2. Sporting Season	9
3. ISU Regulations	9
4. Publication of Regulations	9
D. Marking – ISU Judging System	10
1. ISU Judging System	10
2. Marking System	10
3. Marking of Singles and Pairs Short and Free Skating Programs	12
4. Program Component Score	14
E. Duties of Competition, Championship, and Test Officials	17
1. Duties of Judges	17
2. Duties and Powers of Referees	18
3. Duties of Technical Controller	19
4. Duties of Technical Specialist 1	19
5. Duties of Technical Specialist 2.....	19
6. Duties of Data Input Operators	19
7. Duties of Video Replay Operators	19
8. Duties of Video Camera Operators	19
9. Duties of ISUCalc Operators	19
F. Starts	20
1. Call to Start	20
2. Rules Pertaining to Fresh Starts and Interruptions	20
G. Results and Calculation Publication	21
1. System in Use	21
2. Result Calculation – Basic Principles	22
3. Calculating Results in Each Segment	23
4. Calculating Combined and Final Results	23
5. Publication of Results	23
H. Notification and Authorization for Participation in External Tests, Competitions, and Events	24
1. Scope of Application	24
2. Obligation of Prior Notification and Authorization	24

	3.	Reporting of Testing and Equivalency Recognition	24
	4.	Evaluation and Decision	25
	5.	Sanctions for Non-Compliance	25
	6.	Alignment with International Regulations	25
I.		Anti-Doping Regulations	26
	1.	Purpose and Principles	26
	2.	Definitions & Abbreviations	26
	3.	Anti-Doping Rule Violations	26
	4.	Proof of Doping	27
	5.	Prohibited List	27
	6.	Therapeutic Use Exemption (TUE)	27
	7.	Testing	27
	8.	Results Management	28
	9.	Consequences	28
	10.	Team/Pair Events	28
	11.	Appeals	28
	12.	Education	28

A. SKATING DIVISIONS AND APPLICATION OF REGULATIONS

1. Divisions of Figure Skating

Figure Skating consists of:

1.1 Single Skating (Men/Boys – Women/Girls)

1.2 Pair Skating

1.3 Ice Dance

2. Application of ISU regulations:

Any reference in these regulations to any jump, spin, pair skating, synchronised skating or ice dancing requirement, whether for the purposes of championships, competitions or tests shall:

2.1 where such jump, spin or pair skating requirement is defined or otherwise specified in the ISU Special Regulations & Technical Rules for Singles & Pair Skating, have the meaning assigned thereto in such Regulations unless otherwise decided and communicated by the FDI;

2.2 where such ice dancing requirement is defined or otherwise specified in the ISU Special Regulations & Technical Rules for Ice Dance, have the meaning assigned thereto in such Regulations unless otherwise decided and communicated by the FDI.

3. Authority to Delay the implementation of amended ISU Special and Technical regulations

When necessary, the FDI, may delay the implementation of any amendments by the ISU to the ISU Special and Technical regulations applicable in any FDI I Event, including Tests, until such time that such amendments can be implemented in FDI Events, including Tests.

B. GENERAL RULES APPLICABLE TO ALL DISCIPLINES

1. Figure Skating Blades

Figure skating blades used during competitive events and tests must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. A slight tapering or narrowing of the cross section of the blade is, however, permitted.

2. Clothing and Props

The clothing of the competitors must be modest, dignified and appropriate for athletic competition. The clothing must not be garish or theatrical in design. The clothing may reflect the character of the music chosen. There can be no props and/or accessories on the ice and hand props such as banners, canes or pompons are not permitted.

2.1 Singles and Pair Skating

The clothing must not give the effect of excessive nudity for an athletic sport. Men must wear trousers; no tights are permitted.

2.2 Ice Dance

Ladies must wear a skirt. The Ladies dress must not give the effect of excessive nudity inappropriate for an athletic sport. Men must wear full length trousers; no tights are permitted and the man's costume may not be sleeveless. Any decoration attached to costumes must be non-detachable.

Clothing not meeting the foregoing requirements must be penalised by a deduction of 1.0 point from the Total Segment Score.

3. Prompting

Encouragement or advice of any kind, especially prompting whilst the skater, pair, couple or team is skating, by Officials or other persons, is not permitted.

4. Bowing

Before skating any program (Short Program, Free Skating Program, Pattern Dance, Short Dance, Free Dance), competitors (skater, pair, couple or team) are not allowed to bow to the spectators. Bows may be made to thank the public for applause given at the end of the performance.

5. Music used for competitions and medal tests

In any Championship, Competition or Medal Test unless otherwise indicated by the most recent ISU regulations, these regulations or the most recent FDI communication(s), in:

All programs must be skated to music. Athletes must provide their music with good quality, in an approved format, and should always have a backup copy. All arenas must be equipped with a sound system that allows the music to be played at an adequate volume and quality. It must be possible to clearly hear the athletes' names and their music throughout the arena.

For competitive events: Athletes must provide along with the content sheet, the title of the music and its composer, singer, or author.

6. Code of Good Conduct

All Members of the Portuguese Winter Sports Federation must comply with the code of conduct for the prevention and combating of harassment within the figure skating environment.

6.1 Code of conduct for coaches:

6.1.1 General: All coaches must act professionally, respectfully, and in accordance with the FDI Code of Conduct at all times. This includes:

- Demonstrating integrity, fairness, and respect towards athletes, peers, officials, and the broader skating community;
- Refraining from derogatory, discriminatory, or inappropriate remarks or behavior;
- Promoting a safe, inclusive, and positive environment in both training and competition.

6.1.2 Conduct Towards Athletes and Officials; Coaches must:

- Treat all athletes with respect, ensuring their safety, well-being, and development;
- Communicate respectfully with athletes, officials, judges, and peers;
- Uphold the rules of figure skating and discourage any violations or unsportsmanlike behavior.

6.1.3 Safeguarding and Reporting:

- Coaches are responsible for creating and maintaining a safe environment free from harassment, abuse, or unsafe practices;
- Any observed or suspected incidents of abuse, harassment, or unsafe practices must be reported to the relevant authorities or safeguarding officers;
- Coaches must act promptly to protect athletes and uphold safeguarding standards.

6.1.4 Disciplinary Authority:

- Any breach of the Coach Code of Conduct may result in disciplinary action by FDI-Portugal, which may include suspension, removal from coaching duties, or other sanctions as deemed appropriate;

- The determination of whether a breach has occurred, and the sanctions applied, shall be at the absolute discretion of FDI-Portugal. Decisions are final.

6.2 Athlete Code of Conduct

6.2.1 General Conduct: All athletes must behave in a professional, respectful and sportmanlike manner at all times. This includes:

- Exhibiting good manners and appropriate communication;
- Refraining from derogatory or inappropriate comments regarding competitions, tests, results, officials, judges, coaches, or fellow athletes;
- Supporting a safe, positive, and inclusive training and competition environment.

6.2.2 Conduct towards Officials: Any athlete, or their associated coach, trainer, or relative, who behaves in an improper manner or makes derogatory comments as described above may be subject to disciplinary action by FDI-Portugal. The disciplinary measures may include suspension from competitions, championships, or tests for a period determined at the discretion of the FDI- Portugal.

6.2.3 Conduct towards Coaches: Athletes must treat coaches with respect and professionalism. This includes:

- Following coaching instructions responsibly;
- Communicating concerns or questions respectfully;
- Refraining from harassment, intimidation, or any form of verbal, physical, or emotional abuse;
- Supporting a safe and constructive training environment.

6.2.4 Safeguarding and Reporting:

- Athletes are expected to contribute to the safety and well-being of themselves, peers, and the wider skating community.
- Any suspected or observed incidents of harassment, abuse, or unsafe practices must be reported immediately to the relevant authorities or safeguarding officers.
- FDI-Portugal reserves the right to investigate all reports and take appropriate disciplinary action in accordance with its safeguarding policies.

- 6.2.5 Disciplinary Authority: The determination of whether an athlete has breached this Code of Conduct, and the sanctions applied, shall be at the absolute discretion of FDI-Portugal. Decisions made under this regulation are final.

6.3 Officials' Code of Conduct

- 6.3.1 General Conduct: All officials, including judges, technical specialists, referees, and event officials, must act with integrity, impartiality, and professionalism at all times. This includes.
- Conducting themselves in a manner that upholds the reputation and integrity of figure skating;
 - Demonstrating respect towards athletes, coaches, peers, and other officials;
 - Avoiding behavior that could be perceived as biased, discriminatory, or inappropriate.
- 6.3.2 Confidentiality and Public Commentary:
- No official may publish, under their own name or anonymously, any article, report, or commentary about a competition, championship, or test in which they were involved;
 - Officials must maintain strict confidentiality regarding scoring, deliberations, and sensitive information obtained in their official capacity.
- 6.3.3 Safeguarding and Athlete Welfare:
- Officials must prioritize athlete safety and well-being in all decisions and actions;
 - Any observed or suspected incidents of abuse, harassment, or unsafe practices must be reported immediately to the relevant authorities or safeguarding officers;
 - Officials must ensure that their conduct and decisions do not place athletes at risk or undermine a safe training and competition environment.
- 6.3.4 Professional Integrity and Responsibilities:
- Officials must remain impartial and fair in all assessments and decisions;
 - Officials must continuously update their knowledge and skills through professional development to maintain competence in their roles;
 - Officials should avoid conflicts of interest and disclose any situations that may compromise impartiality.

6.3.5 Disciplinary Authority:

- Any breach of this Code of Conduct may result in disciplinary action by FDI-Portugal, including suspension from officiating duties or other sanctions deemed appropriate;
- The determination of whether a breach has occurred and the sanctions applied shall be at the absolute discretion of FDI-Portugal. Decisions are final.

C. ELIGIBILITY, SESONAL FRAMWORK, AND APPLICABLE REGULATIONS

1. Eligibility for Federation Events: Only athletes registered with the Portuguese Winter Sports Federation (FDI-Portugal) in the discipline of Figure Skating are eligible to participate in official federation events. These events may include competitions, tests, training sessions, workshops, or camps.
2. Sporting Season:
 - The FDI-Portugal sporting season for 2025/2026 runs from October 1, 2025, to September 31, 2026
 - The figure skating season for 2025/2026 runs from July 1, 2025, to June 30, 2026, as defined by the International Skating Union (ISU).
3. ISU Regulations: All athletes, coaches, and officials registered in figure skating with FDI-Portugal are bound by the ISU Statutes, the ISU Constitution and General Regulations, the ISU Code of Ethics, and the ISU Anti-Doping Rules (see Section I of this document). These documents are available for consultation on the official ISU website.
4. Publication of Regulations: The figure skating regulations of FDI-Portugal must be published and/or made available for consultation no later than the beginning of the sporting season, as defined by the ISU.

D. MARKING – ISU JUDGING SYSTEM

1. ISU Judging System:

1.1 Introduction and General Comments:

- 1.1.1 For Singles and Pair Skating competitions and tests, the ISU and/or FDI-Portugal issue a Scale of Values (SOV) for each

element included in figure skating events (Short Program, Free Skating Program, and for Pairs, the respective elements).

1.1.2 Ice Dance competitions and tests will only become available in Portugal once an ice rink of the correct dimensions for the practice of Ice Dance is available.

1.2 Planned Program Content (PPC): Prior to each competition or test, each Skater, Pair, or Couple must submit a Planned Program Content (PPC) form, indicating the intended elements of their program with approximate time codes.

1.3 Judges Panel:

- For each competition or test, a Judging Panel composed of up to nine (9) Judges and one (1) Referee shall be appointed.
- The Judges and Referee will evaluate the entire competition and shall be seated rinkside, or in another suitable location depending on the discipline and type of event.

1.4 Technical Panel:

- In addition to the Judges Panel, a Technical Panel shall be appointed, consisting of a Technical Controller, a Technical Specialist, and an Assistant Technical Specialist.
- Where the availability of qualified personnel is limited, the Technical Panel may be reduced to a Technical Controller alone, or a Technical Controller with one Technical Specialist.

1.5 Technical Support Team:

- To support the work of the Judges and Technical Panels, FDI-Portugal may appoint a Technical Support Team consisting of:
 - (a) Data Input Operator;
 - (b) Video Camera Operator;
 - (c) Video Replay Operator;
 - (d) ISUCalc Operator.
- The Technical Support Team shall operate under the direction of the Technical Controller and Referee.

2. Marking System

2.1 Electronic Marking – Full System

At competitions using full electronic marking, the following apply:

- Judging Panel: Each Judge and the Referee are provided with a computerized system to enter Grades of Execution (GOE), Program Component marks, and deductions (Referee).

- Technical Panel: The Data Input Operator uses a computerized system to enter elements and Levels of difficulty, as well as deductions assigned by the Technical Panel.
- Video Replay: A video replay system, operated by the Video Camera and Replay Operators, is available to the Technical Panel and/or Judging Panel to review elements after the performance.
- Event Control and Calculation: The ISUCalc Event Control and Calculation Computer, operated by the ISUCalc Operator, compiles all data through a dedicated network and calculates the official results.

2.2 Electronic Marking – Partial System

A partial system includes:

- Computerized input for the Judging and Technical Panels.
- ISUCalc Event Control and Calculation System.
- Video replay system.

2.3 Manual Marking

If electronic systems (2.1 or 2.2) are not available, a paper-based system may be used.

- Judges and Technical Panel members record scores and element calls on Planned Program Content forms.
- All information is later manually entered into ISUCalc to generate results.
- Manual marking must always be prepared as a backup, even when electronic systems are in use.

2.4 Marking systems to be used during competitions and championships (Change)

The following marking systems must be used at:

- International competitions and championships - D(i).2.1
- The National Championships - D(i).2.1
- The Interprovincial Championships – preferably D(i).2.1 but if this is not possible the system described in D(i).2.2 must be used.

2.5 The Organising Committee and appointed ISUCalc Operator are responsible to ensure the marking system hard and software at any competition or championship is up to date and assumes the responsibility that the official results are calculated correctly.

3. Marking of Singles and Pairs Short and Free Skating Programs

Technical Score

3.1 Scale of Values (SOV) The Scale of Values Table of the elements of Single and Pair Skating is published and updated in ISU or NTC Communications. This Scale of Value (SOV) contains the Base Values of all the elements and adjustments for the quality of their execution. Base Values are measured in points and increase as the elements' difficulty increases. The difficulty of elements depends:

- (a) For jumps (Singles and Pairs) and throw jumps (Pairs) on the names of the jumps or the throw jumps listed in the following order of their difficulty (Toeloop, Salchow, Loop, Flip, Lutz, Axel) and the number of revolutions;
- (b) For lifts (Pairs) on the Groups of the lifts (Groups 1 to 5), their names and their Levels of difficulty;
- (c) For twist lifts (Pairs) on the names, number of revolutions and Levels of difficulty;
- (d) For death spirals (Pairs) on the names and Levels of difficulty; and
- (e) For other elements on their Levels of difficulty.

3.2 Levels of Elements

Technical Specialists or Controllers will determine the name and the level of difficulty (where appropriate) of the elements. In jumps (Singles and Pairs) and throw jumps (Pairs): on the names of the jumps or the throw jumps listed in order of their difficulty (Toeloop, Salchow, Loop, Flip, Lutz, Axel) and the number of revolutions;

- in lifts (pairs): on the Groups of the lifts (1 - 5), their names and Levels of Difficulty;
- in twist lifts (Pairs): on the number of revolutions and Levels of Difficulty;
- in death spirals (Pairs): on the names and Levels of Difficulty;
- in other elements: on their names and Levels of Difficulty.

3.3 Grade of Execution (GOE)

Each Judge will mark the quality of execution of every elemento depending on the positive and/or negative features of the execution and errors on an eleven Grade of Execution scale: +5, +4, +3, +2, +1, Base Value, -1, -2, -3, -4, -5. Elements as per Rule 353, paragraphs 1.h) (i) and (ii) (in Single & Pair Skating) and 1.i) (in Ice Dance) are evaluated as one unit. The guidelines for marking GOE's are published and updated in ISU Communications. In order to do this, the Judge and Referee first evaluate the positive features of the element that may increase the Base Value to a positive

value and then reduces the result due to any errors if any are committed. Each positive or negative grade has its own positive or negative numerical value indicated in the SOV Table. This value is either added to or subtracted from the Base Value of the respective element.

When evaluating the GOE, the Judge and Referee must consider the following:

- (a) Jumps The height, length, technique and the clean starting and landing of the jump and, in the case of pairs, credit must be given to the jump of each partner according to its merit;
- (b) Jump Combinations/Sequences: The perfect execution of the jumps in relation to their difficulty, each jump must be given credit according to its merit;
- (c) Lifts/Twist Lifts: The speed, height, continuous rotation and smoothness of the take-off and landing, good coverage of the ice surface and the position of the Lady in the air;
- (d) Throw Jumps: The height, distance, take-off and clean landing of the Lady and the position of the Lady in the air;
- (e) Death Spirals: A smooth entry and exit, even descent into the death spiral by the Lady, maintenance of the pivot position by the Man and the position of the Lady's body and head which should be close to the ice surface during the execution of the actual death spiral;
- (f) Spins: The quality of the required positions, strong and well controlled rotation, number of revolutions in the required position(s), speed of rotation, centring of the spin. In flying spins the height of the jump and the position in the air and landing;
- (g) Step and Spiral Sequences: The swing, carriage and smooth flow of the movement in conformity with the character and the rhythm of the music.

The guidelines for this marking are published and updated in ISU Communications. Jump combinations and sequences are evaluated as "one unit". For Jump Combinations the Base Values of the jumps that are included are added. The numerical value of the GOE for the result calculation relates to the jump in the Jump Combination with the highest value. For Jump Sequences the Base Values of the two most difficult jumps that are included are added. The factor of 0.8 is applied for the sum of the Base Values. The numerical value of the GOE for the result calculation relates to the one of the two jumps with the highest value. The factored Base Value of the Jump Combination/Sequence is rounded to two (2) decimal places.

3.4 Illegal elements/movements

Include the following:

- (a) Somersault type jumps (Novice categories only);
- (b) Lifts with wrong holds;
- (c) Lifts with more than three and a half (3½) revolutions of the Man;
- (d) Spinning movements in which the Man swings the Lady around in the air while holding her hand or foot;
- (e) Twist-like or rotational movements during which the Lady is turned over with her skating foot leaving the ice;
- (f) Rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;
- (g) Jumps of one of the partners towards the other partner; and
- (h) Lying and prolonged and/or stationary kneeling on both knees on the ice at any moment.

There must be a 2.0 point deduction for every illegal element/movement included in the program. If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Should this not be the case, the element will receive no value.

4. Program Component Score

4.1 Definition of Program Component

In addition to the Technical Score each of the Judges and Referee will evaluate the Skater's/Pair's whole performance based on all or a combination of some of the following three (3) different Program Components:

- (a) Composition,
- (b) Presentation,
- (c) Skating Skills,

(a). Definition of Program Components

The Skater's/Pair's/Couple's whole performance is evaluated by three Program Components: Composition, Presentation and Skating Skills. For Pair Skating and Ice Dance there must be equal demonstration of the criteria by both Skaters.

Composition

The intentional, developed and/or original arrangement of the repertoire of all types of movements into a meaningful whole according to the

principles of proportion, unity, space, pattern, and musical structure.

In evaluating the Composition, the following must be considered:

- Multidimensional movements and use of space;
- Connections between and within elements;
- Choreography reflecting musical phrase and form;
- Pattern and ice coverage;
- Unity.

Presentation

The demonstration of engagement, commitment and involvement based on an understanding of the music and composition.

In evaluating the Presentation, the following must be considered:

- Expressiveness and projection;
- Variety and contrast of energy and of movements;
- Musical sensitivity and timing;
- Oneness and awareness of space (Pair Skating, Ice Dance).

Skating Skills

The ability of the Skater to execute the skating repertoire of steps, turns, and skating movements, with blade and body control.

In evaluating the Skating Skills, the following must be considered:

- Variety of edges, steps, turns, movements and directions;
- Clarity of edges, steps, turns, movements and body control;
- Balance and glide;
- Flow;
- Power and speed;
- Unison (Pair Skating, Ice Dance).

(b). Marking of Program Components

After completion of a program, as per Rule 353, paragraph j), each Judge marks the Program Components on a scale from 0.25 to 10 with increments of 0.25. Points given by the Judges correspond to the following degrees of the Program Components: less than 1 – extremely poor, 1-1.75 - very poor, 2 - 2.75 - poor, 3-3.75 - weak, 4 - 4.75 – below average, 5 - 5.75 - average, 6 - 6.75 - above average, 7 -7.75 - good, 8 - 8.75 - very good, 9 – 9.75 excellent, 10 outstanding. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.

Guidelines for marking Program Components are published and updated in ISU Communications.

4.2 Marking of Program Components

The Program Components are evaluated by the Judges and the Referee after completion of a program on a scale from 0.25 to 10 with increments of 0.25. Points given by the Judges correspond to the following performance degrees of the Components:

- (a) 1 - very poor,
- (b) 2 - poor,
- (c) 3 - weak,
- (d) 4 - fair,
- (e) 5 - average,
- (f) 6 - above average,
- (g) 7 - good, (h) 8 - very good,
- (i) 9 - superior, and
- (j) 10 - outstanding.

Increments are used for the evaluation of performances containing some features of one degree and some of the next degree. Guidelines for judging are published and updated in ISU Communications.

4.3 Deductions (Short and Free Skating Program)

Deductions are applied for each violation as follows:

(a) Programme time violation:

(i) Senior, Junior, Novice and Pre-Novice sections: -1.0 point for every 5 seconds lacking or in excess;

(ii) Juvenile section: -0.5 point for every 5 seconds lacking or in excess;

(b) Music violation: -1.0 point(s) for vocal music;

(c) Illegal element violation: -2.0 point(s) for every illegal element;

(d) Costume and prop violation: -1.0 point(s);

(e) Falls (defined as the loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back,

buttock(s) or any part of the arm):

(i) Senior, Junior, Novice and Pre-Novice sections: -1.0 point(s) for every fall (in Pair Skating -1.0 point(s) for a fall of one partner and -2.0 point(s) for a fall of both partners);

(ii) Juvenile section: -0.5 point(s) for every fall;

(f) Interruption to the program:

(i) Senior, Junior, Novice and Pre-Novice sections: -1.0 point for 11 - 20 seconds interruption, -2.0 points for 21 - 30 seconds interruption, etc.;

(ii) Juvenile section: -0.5 point for 11 - 20 seconds interruption, -1.0 point for 21 - 30 seconds interruption, etc.; and/or

(g) Fresh start: -2.0 points will be applied when appropriate.

E. DUTIES OF COMPETITION, CHAMPIONSHIP AND TEST OFFICIALS

1. Duties of Judges

- 1.1 A Judge shall keep fully informed on all matters concerning the judging of figure skating as set out in:
 - 1.1.1 ISU General Regulations, Special Regulations, Technical Rules, ISU Communications, Judges Manuals, and any updates published on the ISU website;
 - 1.1.2 FDI Rules and Regulations, including any amendments and FDI Communications.
- 1.2 A Judge's eyesight, hearing, physical condition, and knowledge of figure skating shall be of a standard that allows him/her to carry out judging duties properly.
- 1.3 Judges shall comport themselves with dignity and discretion as FDI-appointed officials and fully adhere to the FDI Constitution.
- 1.4 A Judge shall:
 - be fair, impartial, neutral, and unbiased, without favor or prejudice towards any skater, pair, couple, or team;
 - disregard public applause or disapproval;
 - mark only the performance being skated at the time;
 - not be influenced by reputation or past performance;
 - not act as Judge if a competitor is a relative, close friend, or otherwise personally connected;
 - not compete and judge in the same event.
- 1.5 Judges shall mark independently and may not converse or signal during judging.
- 1.6 From the start of the competition until the last performance, Judges shall not discuss marks with anyone other than the Referee.
- 1.7 Judges shall not communicate with competitors or spectators during events.
- 1.8 Judges shall not use pre-prepared marks.
- 1.9 The full range of marks shall be used, reflecting the actual merit of each performance.
- 1.10 Judges shall keep a private protocol with notes to justify marks awarded.
- 1.11 Judges may not record marks given by other Judges.
- 1.12 No electronic communication devices are permitted at the Judges' stand.

- 1.13 The Referee may warn or replace a Judge who fails to comply with provisions in Sections 1.5–1.12.

2. Duties and Powers of Referees

2.1 The Referee shall in addition to duties in Section 1:

- check the age, eligibility, and membership of all officials and skaters;
- conduct the starting order draw;
- ensure all regulations are observed;
- substitute a Judge before or during competition if illness/accident occurs.

2.2 The Referee may:

- alter the program of events if not in conflict with these Regulations;
- decide if ice conditions are unsuitable;
- alter the size/shape of the skating area if necessary;
- exclude skaters, pairs, or couples from an event if necessary;
- change officials as required;
- substitute a Judge before or during competition if illness/accident occurs.

2.3 The Referee shall determine:

- all protests submitted in writing and signed by the FDI Chairman;
- any contravention of the ISU Constitution, FDI Constitution, or these Regulations.

2.4 The Referee shall:

- signal the Music Steward to start the music;
- instruct the Timekeeper to record program times and interruptions;
- apply deductions for rule violations (costume, program time, interruptions, music, lifts, props, etc.);
- moderate round table discussions;
- submit reports of all competitions within two (2) months.

2.5 The Referee is Chairperson of the Judges' Panel and shall:

- remind Judges of duties before each competition;
- keep private marks for personal information only.

3. Duties of a Technical controller

- 3.1 Must have highest technical knowledge, communication skills, team ability, proper accreditation, and adhere to FDI Constitution.
- 3.2 Authorize/correct element calls, supervise Specialists and Data Operator, validate inputs, confirm illegal/additional elements, moderate round table discussions, prepare reports.
- 3.3 If Specialists/Data Operator unavailable, assume their duties.

4. Duties of Technical Specialist 1

- 4.1 Identify and call performed elements, Levels of Difficulty, illegal/innovative/additional elements.
- 4.2 Must meet the same qualification and conduct standards as Controllers.

5. Duties of Technical Specialist 2

- 5.1 Assist Technical Specialist and Controller.
- 5.2 Participate in decision-making as outlined in Sections 3 and 4.

6. Duties of Data Input Operators

- 6.1 Input elements, Levels, deductions, bonuses, corrections as instructed.
- 6.2 Support Technical Panel and ensure system accuracy.

7. Duties of Video Replay Operators

- 7.1 Record elements for review by Panel, Referee, and Judges.
- 7.2 Support the Technical Panel.

8. Duties of a Video Camera Operator

- 8.1 Record entire programs to ensure review of elements when required
- 8.2 Support Panel, Replay Operators and ISUCalc Operators.

9. Duties of ISUCalc Operators

- 9.1 Ensure marking system hardware/software setup and stability.
- 9.2 Support all officials technically.
- 9.3 Monitor GOEs, Program Components, elements, Levels, and scoring accuracy.
- 9.4 Provide scores, refresh systems, print results, and prepare draws.

F. STARTS

1. Call to Start

- 1.1 Immediately prior to each performance, the names of those competitors (Man, Lady, Pair) who are about to compete shall be clearly announced on the ice and in the dressing rooms.
- 1.2 Every Singles or Pairs competitor shall commence each part of the competition (Short Program, Free Skating) within one (1) minute of their name being called. Failure to do so shall result in the competitor being considered as withdrawn.

2. Rules Pertaining to Fresh Starts and interruptions

2.1 Interruptions due to safety concerns or damage to equipment/clothing.

2.1.1 Skating interrupted by signal of the Referee;

If, in the Short Program or Free Skating, there is an interruption or stop in the music, or circumstances arise which jeopardize the safety of the competitor due to unexpected damage to clothing or equipment impeding skating, the competitor shall, at the signal of the Referee, stop skating.

- The competitor shall continue immediately from the point of interruption if the problem can be rectified at once.
- If the issue cannot be immediately rectified, the competitor shall be given up to three (3) minutes to correct the problema.

2.1.2 Skating interrupted by the competitor

The same applies if the competitor interrupts the program due to injury or unexpected equipment/clothing damage without a signal from the Referee.

- The Referee will decide the point from which the program must continue and communicate this to both the competitor and the Judges.

2.2 Interruptions due to the requirement of medical attention.

If, in the Referee's opinion, medical attention is required, the Referee shall stop the performance.

2.2.1 Singles and Pairs

- The competitor may choose to continue immediately from the point of interruption, or within three (3) minutes of the stoppage.

- The three-minute period begins immediately after the Referee stops the performance with a loud signal.
- If the competitor with starting number one (1) in the group is injured during the warm-up and time before their start is insufficient for medical attention, the Referee may grant an additional three (3) minutes before calling them to start. Rule F.1.2 shall then apply.

2.3 External interruptions

If the interruption is due to factors beyond the competitor's control (e.g., music failure, lighting, audience disturbance, ice surface issues), the three (3) minute rule does not apply.

2.4 Restarting Programs

Restarting the entire program is not permitted.

- A restart may only occur if the tempo or quality of the music is defective and the competitor informs the Referee within thirty (30) seconds of the start.

2.5 Deductions for Fresh Starts

In Singles and Pairs, when a competitor requires a fresh start under Rules F.2.1 or F.2.2, a deduction of -2.0 points shall be applied by the Referee.

- In exceptional cases where the fresh start is clearly not the fault of the competitor, no deduction shall apply.

2.6 Incomplete Programs

If a competitor is unable to complete the program, no marks shall be awarded.

- This also applies if, after being granted a continuation from the point of interruption, the competitor is once again unable to complete the program

G. RESULTS AND CALCULATION PUBLICATION

1. System in Use

The ISU Judging System must be used to mark:

1.1 The Singles Senior, Junior, Novice, Pre-Novice, and Juvenile sections of the National, Interprovincial, and Provincial Championships.

- 1.2 The Pairs Senior, Junior, Novice, and Pre-Novice sections at the National, Interprovincial, and Provincial Championships.
- 1.3 The Singles and Pairs ISU International Tests.
2. Result Calculation – Basic Principles
- 2.1 The Scale of Values (SOV) Table indicates the base values for every element in Singles and Pairs (Short and Free Skating).
- 2.2 Each Judge and the Referee (Judging Panel) awards to each element/section (as determined by the Technical Panel) one of the seven Grades of Execution (GOE). Each grade has a specific positive or negative numerical value indicated in the SOV Table.
- 2.3 The Judging Panel Element/Section GOE (excluding the Referee) is calculated as follows:
- With five (5) to nine (9) Judges: the trimmed average of the GOEs (highest and lowest removed, average of the rest).
 - With three (3) to four (4) Judges: the average of the GOEs.
- 2.4 The final GOE for each element/section is rounded to two (2) decimal places.
- 2.5 In Singles and Pairs:
- Jump Combinations: base values of included jumps are added; the GOE of the most difficult jump is applied.
 - Jump Sequences: base values of the two (2) highest jumps are added, multiplied by 0.8, rounded to two (2) decimal places; the GOE of the most difficult jump is applied.
 - Free Skating Halfway Bonus: in the second half of the Free Skating program (after the halfway point of the required time), all jump elements, throw jumps, lifts, and twist lifts receive a Highlight Distribution Factor of 1.10. Adjusted values are rounded to two (2) decimal places.
- 2.6 Additional element(s) exceeding the allowed number are not counted. Only the first attempt or permitted number of attempts of an element is considered.
- 2.7 An innovative element, movement, or transition may be awarded a one-time Special Bonus of 2.0 points by the Technical Panel.
- 2.8 The Final Element/Section Score = base value (positive) + GOE (positive or negative). Scores cannot be less than zero.
- 2.9 The Total Technical Element Score (TTES) is the sum of all Final Element Scores plus any Special Bonus.
- 2.10 Each Judge and the Referee award Program Component Scores (PCS) on a scale of 0.25 to 10.00 in increments of 0.25.

- 2.11 Program Component scores are calculated as follows:
- With five (5) to nine (9) Judges: trimmed average.
 - With three (3) to four (4) Judges: average.
- 2.12 Program Component scores are rounded to two (2) decimal places and multiplied by official factors.

3. Calculating Results in Each Segment

3.1 The Total Segment Score (TSS) = TTES + TPCS – deductions.

3.2 Competitors are ranked in descending order of TSS.

3.3 Tie-breaking:

- Short Program: highest TTES wins.
- Free Skating: highest TPCS wins.
- If still equal → competitors remain tied.

4. Calculating Combined and Final Results

4.1 The Final Score (FS) = sum of TSS from all segments (Short Program + Free Skating).

4.2 Competitors are ranked in descending order of FS.

4.3 Tie-breaking:

- Highest TSS in the Free Skating segment wins.
- If equal, highest TSS in the Short Program wins.
- If still equal → competitors remain tied.

5. Publication of Results

5.1 Immediately after each segment, results must be published.

5.2 Published results must include for each competitor:

- Total Technical Element Score (TTES).
- Program Component Scores (PCS).
- Total Program Component Score (TPCS).
- Deductions.
- Total Segment Score (TSS).

5.3 After each segment, a detailed “Judges’ Report” for each skater must be issued.

5.4 After all segments, Final Results must be published, showing:

- Final placings
- Segment placings

5.5 At the conclusion of the section, the Final Score of each competitor must be published.

H. NOTIFICATION AND AUTHORISATION FOR PARTICIPATION IN EXTERNAL TESTS, COMPETITIONS, AND EVENTS

1. Scope of Application

- 1.1 This Section applies to all athletes affiliated with the *Federação de Desportos de Inverno de Portugal* (FDI), whether through a club or under individual registration.
- 1.2 It also applies to Portuguese athletes residing, training, or competing abroad who maintain active registration with the FDI.
- 1.3 The provisions herein cover participation in tests, competitions, club events, open competitions, cups, ISU-accredited events, and any other activities held under the jurisdiction of another federation, association, club, or organizing entity, whether national or international.

2. Obligation of Prior Notification and Authorization

- 2.1 Any athlete intending to participate in an external test, competition, or event as described in section H. 1. must obtain prior authorization from the FDI.
- 2.2 The athlete, or their club (when applicable), shall submit a formal request for authorization to the FDI Secretariat at least fifteen (15) working days prior to the scheduled start date of the event.
- 2.3 The request must include the following information:
 - (a) Name and nature of the event/test;
 - (b) Date(s) and location;
 - (c) Name of the organizing body or federation
 - (d) Athlete's FDI registration details and club affiliation (if applicable).
- 2.4 For events organized under the authority of a foreign federation or taking place outside Portuguese territory, the FDI may require the submission of additional documents or compliance with international or ISU-specific procedures

3. Reporting of Testing and Equivalency Recognition

- 3.1 Portuguese athletes affiliated with the FDI who reside or train abroad must inform the FDI of any tests completed under a foreign federation or club system, whether:
 - (a) National testing conducted within another country's system, or
 - (b) International or ISU-accredited testing recognized at an international level.

- 3.2 Such reporting ensures the equivalency and official recognition of testing levels within the Portuguese national and international testing structure.
- 3.3 Documentation of results, certificates, and test level confirmations must be submitted to the FDI
- 3.4 Failure to report external testing results may result in the non-recognition of equivalency or ineligibility to advance to higher testing levels within Portugal's testing structure

4. Evaluation and decision

- 4.1 The FDI reserves the right to approve, condition, or deny authorization for participation in external events or tests, based on:
 - (a) Compliance with notification deadlines and procedural requirements;
 - (b) Conflicts with the official national calendar, national team activities, or other official FDI obligations;
 - (c) Compatibility with ISU and FDI technical, eligibility, and disciplinary regulations.
- 4.2 Any decision taken by the FDI regarding such authorization or recognition shall be final and binding within the scope of the FDI-Portugal regulations

5. Sanctions for Non-Compliance

- 5.1 Participation in any external test, competition, or event without prior notification or authorization from the FDI, or failure to report testing results as required in Section H. 3. for athletes residing and training in Portugal, constitutes a disciplinary offence.
- 5.2 Sanctions may include, but are not limited to:
 - (a) Suspension of the athlete's eligibility to participate in future tests or competitions, both national and international;
 - (b) Non-recognition or invalidation of results, scores, or test certificates obtained without proper authorization or reporting;
 - (c) Suspension or warning for non-compliance and is at the FDI's discretion

6. Alignment with International Regulations

- 6.1 This Section shall be applied and interpreted in accordance with:
 - (a) The ISU Constitution and General Regulations, particularly Rules 109 and 111 regarding entries, communications, and international participation; and

(b) The FDI's internal Technical, Organizational, and Disciplinary Regulations.

6.2 Where discrepancies arise, ISU Regulations shall prevail for international matters, while FDI Regulations shall govern domestic applications

I. ANTI-DOPING REGULATIONS

1. Purpose and Principles

1.1 Doping is strictly prohibited and is contrary to the spirit of fair play, health, and integrity in sport.

1.2 These Anti-Doping Regulations apply to all participants in any activity organised, recognised, or sanctioned by FDI-Portugal and/or the ISU.

1.3 By participating in any FDI and/or ISU activity, all athletes and support personnel agree to abide by these rules and the World Anti-Doping Code.

1.4 These Regulations are aligned with:

- World Anti-Doping Code (WADA)
- ISU Anti-Doping Rules
- Portuguese National Anti-Doping Program (PNADP)
- WADA International Standards

2. Definitions & Abbreviations

FDI – Federação de Desportos de Inverno de Portugal

ISU – International Skating Union

WADA – World Anti-Doping Agency

PNADP – Programa Nacional Antidopagem de Portugal

NADO – National Anti-Doping Organisation

RTP – Registered Testing Pool

TUE – Therapeutic Use Exemption

ADAMS – Anti-Doping Administration & Management System

CAS – Court of Arbitration for Sport

In-Competition – As defined by ISU and competition announcements

Out-of-Competition – Any period not defined as in-competition

Minor – Athlete under 18 years of age

3. Anti-Doping Rule Violations

Anti-Doping violations include, but are not limited to:

3.1 Presence of a prohibited substance or its metabolites/markers.

- 3.2 Use or attempted use of a prohibited substance or method.
- 3.3 Refusing, failing, or evading sample collection.
- 3.4 Whereabouts failures (3 in 18 months).
- 3.5 Tampering or attempted tampering with the doping control process.
- 3.6 Possession of prohibited substances/methods without valid TUE.
- 3.7 Trafficking or attempted trafficking.
- 3.8 Administration or attempted administration of a prohibited substance/method. Complicity, assisting, or covering up violations.

4. Proof of Doping

- 4.2 FDI bears the burden of establishing a violation.
- 4.3 Standard of proof: “comfortable satisfaction” — above balance of probability, below beyond reasonable doubt.
- 4.4 Athletes rebutting presumptions must do so on a balance of probabilities.

5. Prohibited List

- 5.1 The WADA Prohibited List applies automatically upon publication.
- 5.2 The List is not open to challenge by athletes.
- 5.3 Substances are classified as Specified and Non-Specified per WADA rules.

6. Therapeutic Use Exemption (TUE)

- 6.1 Athletes requiring prohibited substances for medical reasons must obtain a TUE.
- 6.2 RTP / international athletes must apply ≥ 30 days before competition.
- 6.3 Emergency retroactive TUE may be granted under WADA criteria.
- 6.4 Beta-2 agonists and corticosteroid declarations follow WADA rules.
- 6.5 All TUEs are reported to FDI, ISU, and WADA.
- 6.6 TUEs may be reviewed or withdrawn.

7. Testing

- 7.1 Authority
 - All athletes may be tested In-Competition or Out-of-Competition.
 - Testing may occur without notice.
 - Minors require guardian consent prior to participation.
 - Testing is mandatory at National Championships.

7.2 Standards

Conducted in accordance with WADA International Standards.

7.3 Whereabouts

RTP athletes must submit and update whereabouts. 3 failures in 18 months = violation.

7.4 Retirement & Return

Written notice required to retire; 6-month notice + testing to return.

8. Results Management

8.1 FDI handles results for FDI events; ISU for ISU events.

8.2 Provisional suspensions may be applied.

8.3 Suspended athletes may not participate in any capacity.

9. Consequences

9.1 Positive test = automatic disqualification of the competition.

9.2 Ineligibility periods applied per WADA/ISU Code.

9.3 Provisional suspension time credited.

9.4 Negative reinstatement test required before return.

10. Team/Pair Events

10.1 Multiple team violations may trigger target testing.

10.2 Pair disqualified if one partner violates rules; innocent partner may compete individually.

10.3 Athlete's individual results at the event are disqualified.

11. Appeals

11.1 Appeals follow WADA Code and national procedures.

11.2 FDI decisions remain in effect unless overturned.

11.3 ISU decisions appealed to CAS.

12. Education

FDI provides anti-doping education per the WADA International Standard for Education (ISE).