



SONJA HENIE
TROPHY 2025
OSLO NORWAY, 6-9 MARCH

Announcement

International competition
Adv. Novice, Junior, Senior

March 6th - 9th 2025

updated 07.01.25

1. GENERAL REGULATIONS

Sonja Henie Trophy will be conducted in accordance with the ISU Constitution and General Regulations 2024, the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, as well as all updated ISU Communications.

Participation in Sonja Henie Trophy is open to all Competitors in Advanced Novice - boys and girls, Junior and Senior – women and men - 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-b) 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.

Please note that Sonja Henie Trophy Interclub will take place at the same time. Details are stated in a separate announcement.

2. TECHNICAL DATA

Arena: Sonja Henie Ishall, Middelthuns gate 26, 0368 Oslo

An indoor heated ice-rink with the ice surface of 28 x 58 m.

The rink is located downtown Oslo, in Majorstuen/Frogner area, close to restaurants and shopping.

Advanced Novice

Advanced Novice Boys: In accordance with general requirements for Novice competitions, ISU Communication 2624.

Advanced Novice Girls: In accordance with general requirements for Novice competitions, ISU Communication 2624.

Junior

Short program Men: The required elements to be skated are those listed in ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024 Rule 611, paragraphs 1 and 3 for 2024-2025.

Duration: 2 min., 40 sec

Free Skating Men: In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, Rule 612 and the respective ISU Communication. Duration: 3 min., 30 sec +/- 10 sec.

Short program Women: The required elements to be skated are those listed in ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024 Rule 611, paragraphs 1 and 3 for 2024-2025.
Duration: 2 min., 40 sec +/- 10 sec.

Free Skating Women: In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, Rule 612 and the respective ISU Communication. Duration: 3 min., 30 sec +/- 10 sec.

Senior

Short program Men: The required elements to be skated are those listed in ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, Rule 611, paragraphs 1 and 2. Duration: 2 min., 40 sec. +/- 10 sec.

Free Skating Men: In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, Rule 612 and the respective ISU Communication.
Duration: 4 min., +/- 10 sec.

Short program Women: The required elements to be skated are those listed in ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, Rule 611, paragraphs 1 and 2. Duration: 2 min., 40 sec. +/- 10 sec.

Free Skating Women: In accordance with ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance 2024, Rule 612 and the respective ISU Communication.
Duration: 4 min., +/- 10 sec.

3. ENTRIES OF SKATERS, JUDGES AND TEAM MEMBERS

Entries of skaters

Final Entry must be registered in ORS by January 28th 2025 at the latest.

Entries will be confirmed Jan. 30th the latest.

The organizer has the right to limit the maximum number of entries in each category if needed.

The registration of all competitors must be entered and all judges nominated only through their respective Member Association/Federation.

The Entries by names must be made via the ISU Online Registration System (ORS):

<https://fsk-ors.isu.swisstiming.com>

and will be submitted via the ORS simultaneously to the:

Norwegian Skating Association

Sognsveien 73

0840 Oslo

Norway

e-mail: nsfevent@nif.idrett.no

not later than: **January 28th, 2025.**

Entries of Judges

Each participating ISU Member has the right to nominate one judge per discipline with qualification International or ISU.

In case of too many nominated judges the organizer will draw the panel of judges immediately after the closing date of the entries. The result of such draw will be communicated to all ISU Members involved in writing immediately after the conclusion of such draw. Each panel of Judges will consist of at least 5 Judges.

Final Entry must be registered in ORS by January 28th 2025 at the latest.

Entries of Team Members

Official entries of Team Leaders, Assistant Team Leaders, Team Officials, Team Medical Staff and Coaches and the partner or relative of a Judge will be accepted. Accreditation will be provided to those who are officially accepted by the Organizer. There is no accreditation given for Chaperones.

Final Entry must be registered in ORS by January 28th 2025 at the latest.

Accreditation will be given at the rink upon arrival.

Entry fee

The entry fee is 105 € per skater. Invoice will be sent after January 28th 2025.

Entry fees are not refunded in case of withdrawal after January 28th 2025. Entry fee will be refunded if the skater is not accepted (if there will be a limitation of the numbers of entries).

4. MEETINGS FOR OFFICIALS AND JUDGES

All Referees, Technical Controllers, Technical Specialists, Data and Replay Operators and Judges are responsible to make their travel arrangements in order to be able to attend the respective event related meetings (initial judges meeting, technical panel meeting, Round table discussion and technical panel review). If any other party makes the flight arrangements, the Referees, Technical Controllers, Technical Specialists, Data and Replay Operators and the Judges are responsible to check if such arrangements are in line with the detailed schedule as mentioned under paragraph p.16.

5. MEALS, LODGING AND TRAVEL EXPENSES

The organizer will provide and cover the expenses for rooms and meals for all Referees, the Technical Controllers, the Technical Specialists, the Data and Replay Operators and Judges participating, beginning from **Wednesday March 5** until breakfast on **Monday March 10**.

Should any of the above-mentioned persons arrive at the hotel before or stay longer than the period described above, their room costs and expenses will be the responsibility of the individual and must be paid on arrival.

The Organizing Committee will cover the costs for travel expenses for all Referees, the Technical Controllers, the Technical Specialists, the Data and Replay Operators.

The breakfast will be served in the officials hotel; Thon Gyldenløwe. Lunch and dinner will be served in the arena.

6. MUSIC AND PLANNED PROGRAM CONTENT

ISU Member is responsible for submitting their Competitor's music electronically to the Organizing Committee.

Music files **in mp3** must be sent not later than February 15th 2025 to musicsonjahenietrophy@gmail.com

The medium with the music files will be kept until the end of the competition.

CDs will not be accepted by the OC.

Each Competitor must have an own back-up drive (USB Stick) for each program in the format of a MP3 file. Any other format will not be accepted.

The **music file must be labeled** with the abbreviation of the Category, ISU Member, name of the category, segment, and the name(s) of the competitor(s).

Example: **JUN_Men_NOR_Men_SP_Olsen_Peter**

If the music is not provided, accreditation will not be given.

The Planned Program Content must also be entered by the ISU Member or the Skater(s) on the dedicated ISU platform <https://isuportal.sportresult.com> . It is mandatory that the Program Content information be filled in precisely by each Skater/team in English using the terminology for the elements listed in the respective ISU Communication.

7. ARRIVAL OF SKATERS / TEAMS/OFFICIALS

The Oslo Airport Gardermoen is located approx 50 km from Oslo city center. At arrival at Oslo Airport Gardermoen you take the train to **Nationalteateret** (approx 20 min). From there there is a 6-8.min walk to both skaters hotels.

The competitors, coaches, team leaders and additional team officials are responsible for their own arrangements concerning ground transportation to and from the airport.

OC will organize transport from **Oslo Central Station** for Officials only.

8. ACCREDITATION

The ISU Member certifies with the entries in ORS the indicated functions within the team of all team members. Accreditation will be given to Skaters, Officials, Coaches, Team leaders, Medicals and Guests. Chaperons will not receive accreditation. Accreditation will be open from approx 14:00 Wednesday at the Arena.

9. RESULTS, DRAW AND FREE SKATING STARTING ORDER

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 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.

10. 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.

11. ISU WORLD STANDINGS/MINIMUM POINTS

World Standing Points will be awarded according to the "ISU World Standings Procedure", that can be found on the ISU website (www.isu.org) under Single & Pairs/Ice Dance – World Standings. (Comm.2550 or updated document).

Minimum points will be possible to reach if the number of skaters and nations are according to rule 107, 3a).

12. INSURANCE/ LIABILITY

In accordance with Rule 119, it is the sole obligation of each Member participating in ISU Events, 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. It is an internal matter of each ISU Member to decide the issue who shall pay the premium for such insurance.

The ISU and the Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and Officials.

13. ACCOMMODATION AND MEALS

Official hotels:

Hotel Scandic Solli

Parkveien 68, Oslo

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

Single room	Wednesday - Monday	NOK 1090
Double room	Wednesday - Monday	NOK 1290

Booking with code BNSF050325 gives the reduced price until Feb.3 2025 [with this link](#).

[Book here](#)

Thon Hotel Gyldenløve

Bogstadveien 20, Oslo

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

Single room	Wednesday - Monday	NOK 1095
Double room	Wednesday - Monday	NOK 1295

Booking with code **30566683** gives the reduced price until Feb.3 2025 [with this link](#)

Thon Hotel Gyldenløve is also the hotel for the Officials.

14. PRACTICE

Official Practice will be offered for Adv.Novice, Junior and Senior.

It is possible to book unofficial practice ice via weblink Wednesday afternoon. 30 Euro pr. skater, 30 min. session. The detailed schedule and link for booking will be issued after the time of registration. No music will be played. Please book before Feb. 15th

Schedule will be published in the Sportity app after the final entry deadline.

15. TRANSPORTATION

There is no organized transport for skaters and coaches. We are an event with focus on sustainability and encourage use public transport.

To the rink Sonja Henie ishall:

From the hotel Scandic Solli:

Tram number 12 goes directly to the rink (approx 7 min). The 2 min walk to the rink.

From the hotel Bondeheimen for Skaters, Coaches, Team Leaders and Chaperones:

T-bane to Majorstuen station (approx 4 min). Then 750 meters walk to the rink.

From the hotel Thon Gyldenløve:

900 m walk or tram (but need change). Walk is easiest way. Cars will be available upon request and pre-booking.

16. INFORMATION

For further information, please contact the Organizing Committee:

Sonja Henie Trophy Open Organizing Committee

Norwegian Skating Association & Oslo Skøiteklub

Email: nsfevent@nif.idrett.no

Web: <https://www.skoyteforbundet.no/sonjahenietrophy>

Keep yourself up to date on Sportity-app



The banner features the Sportity logo at the top left. Below it, the text reads: "For direct event information please download the Sportity app and insert this password:". A large white box in the center contains the password "SH2025". Below the password, it says "Sportity app is available in" followed by logos for the App Store and Google Play. Two QR codes are provided for downloading the app. The website "www.sportity.com" is listed at the bottom left.

The event will be streamed and photos from the competition will be published. More details will be published in the Sportity app.

17. FORMS AND RETURN DATES

Composition of Delegation: January 28, 2025	ORS
Entry for Competitors: January 28, 2025	ORS
Hotel Booking: Feb. 3, 2025	Direct to hotel
Planned Program: January 28, 2025	ISU Portal
Music Information: February 15, 2025	ISU Portal
Music sent via e-mail: February 15, 2025	musicsonjahenietrophy@gmail.com

18. PRELIMINARY TIME SCHEDULE

Wednesday March 5th

15.30

Unofficial practice (pre booking)

Draw Basic Novice, Intermediate Novice

Thursday March 6th

Initial Judges Meeting

Technical Panel Meeting

Basic Novice

Intermediate Novice

Draw Advanced Novice Girls & Boys, Junior & Senior Men

Victory Ceremonies

Friday March 7th

Official practice

Draw Junior & Senior Women

Advanced Novice SP

Junior Men SP

Senior Men SP

Saturday March 8th

Official practice

Advanced Novice FS

Junior Women SP

Senior Women SP

Junior Men FS

Senior Men FS

Victory Ceremonies

Sunday March 9th

Official practice

Junior Women FS

Senior Women FS

Victory Ceremonies

Technical Panel Review

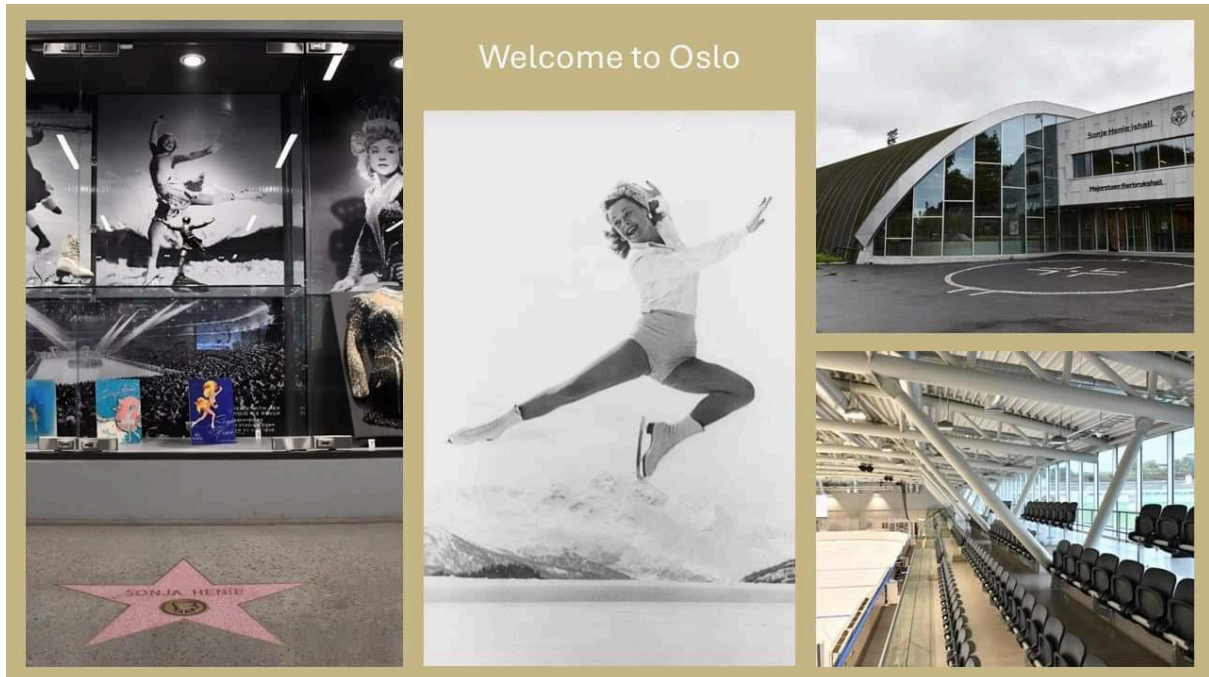
Round Table Discussion

****SUBJECT TO BE CHANGED!**

FS is skated in reverse order of SP results

19. Sonja Henie Ice Rink and OSLO

Come to Oslo and experience our modern and bright skating rink from 2020 named after the legendary Norwegian figure skater Sonja Henie. Abundant use of glass secures a lot of natural light and creates a stylish atmosphere. During winter there is also an outdoor rink. In the cafeteria you can both see the rink through big windows, and also a small Sonja Henie exhibition.



Sonja Henie Ice Rink (Photographer: Gunvor Bay)

Sonja Henie ice rink is situated in the heart of Oslo next to one of Oslo's most visited sites: The Vigeland sculpture park.

There are numerous of public transportation options nearby the ice rink. Majorstuen tube station is only a 10-minute walk away, and there are also trams and buses only a couple of minutes' walk away.

Oslo, the capital city of Norway, is a vibrant and culturally rich destination that offers a unique blend of natural beauty, historical landmarks, and modern attractions. Nestled along the shores of the Oslo Fjord, this cosmopolitan city seamlessly combines urban sophistication with the tranquility of nature.

Visitors to Oslo are greeted by a range of iconic sights. The Viking Ship Museum houses remarkably preserved Viking vessels, offering a glimpse into Norway's seafaring past. The Munch Museum is a tribute to the world-renowned artist Edvard Munch, displaying an extensive collection of his works, including the iconic painting "The Scream."

Nature enthusiasts will be captivated by the numerous parks and green spaces scattered throughout the city. Vigeland Park, adorned with over 200 striking sculptures by Gustav Vigeland, is a testament to human emotion and connection.



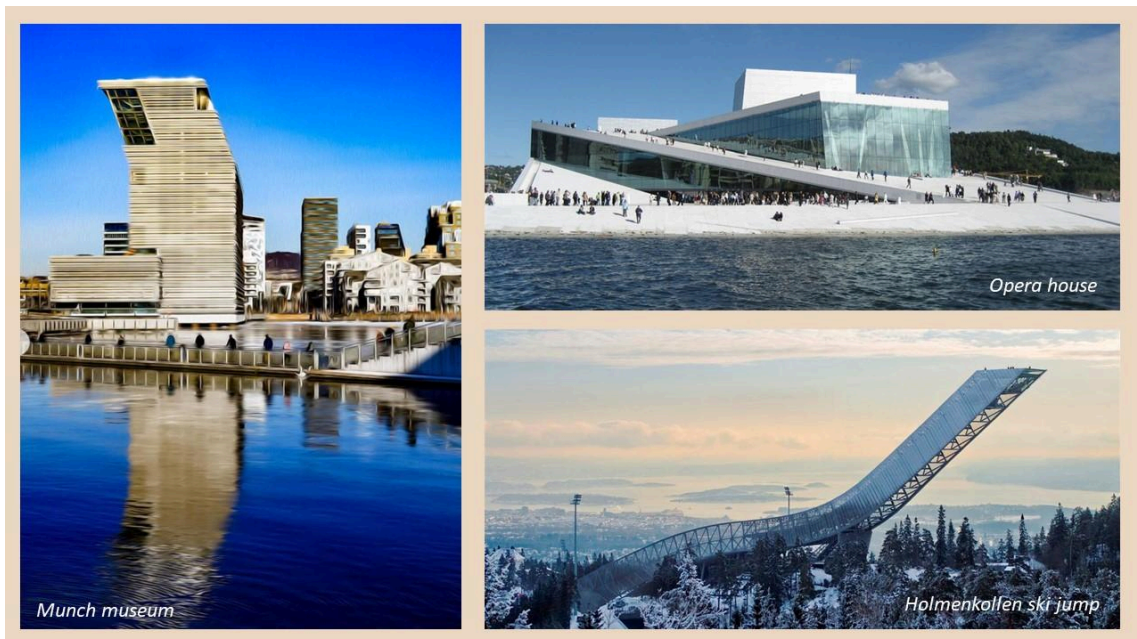
Vigeland Sculpture Park (Photographer: Gunvor Bay)

The Oslo Opera House, with its unique architecture and panoramic views from the roof, is another must-see attraction.

For those seeking cultural immersion, Oslo's culinary scene is a delightful surprise. From traditional Norwegian delicacies like salmon and reindeer to a diverse range of international cuisines, the city caters to every palate. The Aker Brygge waterfront district is a hub of restaurants, shops, and entertainment venues, making it a popular gathering spot.

Moreover, Oslo is a city that prides itself on sustainability and eco-friendliness. Its efficient public transportation system, including trams, buses, and ferries, makes it easy to explore the city and its surrounding areas. The city's commitment to green spaces and clean energy is evident in its many parks and the futuristic Barcode District.

In summary, Oslo is a captivating destination that seamlessly blends history, nature, and modernity. Its rich cultural offerings, stunning natural landscapes, and commitment to sustainability make it a must-visit city for any traveler looking to experience the best of Norway.



There are many restaurants and cafes close to the ice rink. Here are some recommendations.

Sonja Henie Ice Rink has a nice and warm indoor cafe with seating, and where you have a great view into the rink. The cafe offers cold and hot drinks and various small dishes and snacks.

The nearest place to buy a coffee is [Kaffebrenneriet](#) in Middelthuns gate 15a - just a couple of minutes walk for the rink. Of course we also have black coffee in the Sonja Henie cafe at the rink, but if you prefer a Cafe Latte or similar, Kaffebrenneriet is the place to go.

There is a beautiful cafe in the middle of Vigelandsparken, called [Anne på landet](#). The cafe is situated by the bridge in the main part of the park. Only a few minutes walk from the ice rink. Be sure to visit the park during the stay in Oslo.

Restaurants close to the Sonja Henie Ice Rink:

[Frenchie](#) in Middelthuns gate 17 is a new restaurant where you get French classics with a modern twist. 3-5 mins walk.

[Piazza Italia](#) in Frognerveien 58 welcomes everyone to an authentic Italian culinary experience, and the dishes are based on old, traditional recipes, with most of them originating from the Rome region.

[Tatakii Asian](#) in Middelthuns gate 25 is an Asian restaurant which draw inspiration from both Japanese and Chinese cuisine.

[Il Bolognese](#) in Middelthuns gate 25a is a small, charming Italian delicatessen shop which also has a serving of delicious Italian pasta dishes, sandwiches and Italian wines.

[Lofotstua](#) in Kirkeveien 40 is a casual fish restaurant which serves seasonal specialities from the North of Norway. Seafood takes center stage on the menu, with everything prepared in true Lofoten style.

[Kverneriet](#) i Kirkeveien 64b is a great burger restaurant. They serve delicious handcrafted burgers and fries, and also a variety of other dishes that suits all tastes.

[Ghost Pizza](#) in Kirkeveien 51 is a cool and urban pizza restaurant. 3 min walk

There are many restaurants in the area of Majorstuen. The main shopping and dining street close to the Ice Rink is called Bogstadveien. Here you will find shops, restaurants, cafes and supermarkets.

Close to the hotels there will be numerous restaurants.

Welcome to NORWAY and Oslo!