

## **Communication No. 2501**

# **SYNCHRONIZED SKATING**

**This Communication replaces ISU Communications 2482**

**Included are:  
Difficulty Groups of Elements, Features and Additional Features**

Seoul,  
August 2, 2022  
Lausanne,

**Jae Youl Kim**, President

**Fredi Schmid**, Director General

## ARTISTIC ELEMENT

### BASIC REQUIREMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating

### DIFFICULTY GROUPS

<b>LEVEL BASE ABB/ACB/ALB/AWB</b>	<b>LEVEL 1 AB1/AC1/AL1/AW1</b>	<b>LEVEL 2 AB2/AC2/AL2/AW2</b>
An Artistic Element that does not meet the level 1 or level 2 requirements but meets the Basic Requirements	Must include: - One Feature	Must include: - Two Features

### FEATURES

1. Choreographic Series
2. Different Configuration
3. Free Skating Elements
4. Interlocking
5. Intersecting
6. Pivoting
7. Weaving

### GENERAL ELEMENT REQUIREMENTS

- Stopping (Choreographed) is not permitted

### GENERAL FEATURE REQUIREMENTS

- Each Feature must be executed at the same time by required number of Skaters
- AC/AW must rotate before, during and continue to rotate after the Feature(s)
- AB/AL must be progressing along/across the ice before, during and continue to progress along/across the ice after the Feature(s)

#### 1. Choreographic Series

- At least  $\frac{1}{2}$  of the Team must execute:
  - i. A minimum of two recognizable turns plus other steps and linking steps
  - ii. Body Movements including at least one low level
  - iii. a variety of arm movements
- begins with the first Body Movement and ends once the requirements have been met
- may be done in full or in part with another Feature

#### 2. Different Configuration

- All Skaters must participate in both configurations

##### For the Block

- **Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations

#### 3. Free Skating Elements

- A minimum of one Skater must execute a Free Skating Element
- Skater(s) must start in an Element shape before any Feature is executed and end in an Element Shape after the Feature.

#### 4. Interlocking

- At least  $\frac{1}{2}$  of the Team must interlock
- Interlocking must:
  - occur at least once
  - be continuous and done one after the other

#### 5. Intersecting

- At least  $\frac{1}{2}$  of the Team must intersect
- Intersecting must:
  - occur at least once
  - be done at the same or at different times
- One spoke passing through another spoke rotating in the same direction Intersecting will not meet the requirements for the Feature

## **6. Pivoting**

- At least ½ of the Team must pivot
- Pivoting must be executed in lines consisting of at least three Skaters
- Pivoting must be recognizable

## **7. Weaving**

- At least ½ of the Team must weave
- Weaving must:
  - occur at least twice
  - be continuous and done one after the other

# **CREATIVE ELEMENT**

## **BASIC REQUIREMENTS**

1. Element must meet the technical requirements in the WBP Communication and in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. Senior Free Skating – All Skaters must participate in a Group Lift
3. Junior Free Skating – All Skaters must participate in a Lift (Pair or Group Lift)

## **GENERAL ELEMENT REQUIREMENTS**

- Stopping (Choreographed) is not permitted during any part of the Element – Exception: stopping is permitted if the Creative Element is the last Element/movement of the program (Stationary Group Lifts are permitted)

## **ICE COVERAGE RESTRICTIONS / REQUIREMENTS**

- All Skaters must remain within 30m from each other during the entire Element once the Element's shape has been formed

## GROUP LIFT Element - Senior

### BASIC REQUIREMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. Remaining Skaters are not permitted for the 2022-23 season
3. All Skaters must attempt to participate in a Group Lift

### DIFFICULTY GROUPS

LEVEL BASE GLB	LEVEL 1 GL1	LEVEL 2 GL2	LEVEL 3 GL3	LEVEL 4 GL4
A Group Lift that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: <ul style="list-style-type: none"> <li>- Group Lifts that glide</li> <li>- One Feature:</li> <li>- Any Feature selected from Group A, B, or C</li> </ul> <b>NOTE:</b> Rotation is not required	Must include: <ul style="list-style-type: none"> <li>- Group Lifts that glides</li> <li>- Two different Features:</li> <li>- Maximum of one Feature selected from each Group</li> </ul> <b>NOTE:</b> Rotation is not required	Must include: <ul style="list-style-type: none"> <li>- Group Lifts that glide and rotate at least 360°</li> <li>- Three different Features:</li> <li>- Maximum of one Feature selected from Groups</li> </ul>	Must include: <ul style="list-style-type: none"> <li>- Group Lifts that glide and rotate at least 360°</li> <li>- Four different Features:</li> <li>- One Feature selected from Group A</li> <li>- Both Features from Group B</li> <li>- One Feature selected from Group C</li> </ul> <b>NOTE:</b> If selecting Feature #1 from Group A then the difficult entry must be a vault

### FEATURES

#### Group A

1. Change Position of the Lifted Skater
2. Difficult Position of Lifted Skater

#### Group B

1. Difficult Entry
2. Difficult Exit

#### Group C

1. Mirror image pattern
2. Rotating in both Rotational Directions
3. Two Supporting Skaters

### GENERAL ELEMENT REQUIREMENTS

- Stopping or becoming Stationary (Choreographed) is not permitted
- The majority of the torso (lifted Skater) must be held above head level of the supporting Skaters. Exception: For GLB – the lifted Skater must be lifted off the ice to any height
- All Group Lifts must be the same

### CHOREOGRAPHIC REQUIREMENTS

- All Group Lifts must glide and/or rotate at the same time
- All Features must be executed at the same time by each Group Lift

### ICE COVERAGE RESTRICTIONS / REQUIREMENTS

- All Skaters must stay within 30m from each other (including during Features)

### GENERAL FEATURE REQUIREMENTS

- All GL must execute the same Features
- The “main” position of the Group Lift refers to the position held and maintained by the lifted Skater for the required rotation plus Features
- **For GL3, GL4:** All Feature(s) must be executed during a 360° rotation. Exception: during the Difficult Entry or Exit Features
  - Teams may rotate more than 360° in order to complete Features

## TYPES OF POSITIONS

There are two types of positions for the lifted Skater - Simple positions and Difficult positions

- (i) **Simple Positions:** Lifted Skater is being supported while upright or on their front, side or back without demonstrating Balancing or Flexible Position requirements
- (ii) **Difficult Positions:** Lifted Skater is being supported while upright or on their front, side or back and demonstrating the Balancing Position and/or Flexible Position requirements

## BALANCING POSITIONS REQUIREMENTS

- Support given only at the neck and feet of the lifted Skater will be considered as a Balancing position
- Different types of Balancing positions for the lifted Skater include but are not limited to the following:
  - Sit Split position
  - U – Position
- Supporting Skaters may hold with one or both hands

### Sit Split Position

- To show an acceptable Sit Split Position, the lifted Skater must be seated with their legs in a split position – a full split is not required
- Supporting Skaters
  - Support must be given only at the lowest parts of the body (buttocks + legs/ankles)
  - Supporting Skaters must be arranged in approximately one straight line

### U- Position

- To show an acceptable U-Position, the lifted Skater must have a STRONG bend/arch of their back in at least a semi-circle
- Supporting Skaters
  - Support must be given only at the lowest parts of the body (hip + arm/hands)



## FLEXIBLE POSITION REQUIREMENTS

- Different “types” of Flexible positions for the lifted Skater include but are not limited to the following:
  - Split Position
  - 135° Extension
  - Back Bend/Arch Position
  - Biellmann position
- The free leg(s) may be self-supported, partner supported or unsupported

### Split Position

- A full split (180°) must be maintained) however the legs of the lifted Skater are permitted to be bent

### 135° Extension

- one leg must be fully extended and held at a minimum of 135° (to the front, side or behind)

### Back Bend/Arch Position

- Position must show a STRONG bend/arch of their back in at least semi-circle

### Biellmann Position

- The free foot of the lifted Skater must be pulled from behind to a position higher than their head towards the top of the head close to the central axis of the Skater



## FEATURE REQUIREMENTS

### Group A

#### 1. Change of Position of the Lifted Skater

Each lifted Skater must

- execute two different types of lifted Positions
- be in the same position at the same time
- clearly be in a fixed position for each of the positions

- There is no time requirement for a “fixed position” to be held, however, the lifted Skater must remain in each position long enough for it to be recognized as “fixed”
- The transition from one position to the next must have a continuous movement keeping the majority of the torso of the lifted Skater above head level of the supporting Skaters
- The lifted Skater may move through other positions during the Feature before achieving the 2<sup>nd</sup> position

One of the following combinations of lifted positions are required:

**For GL1, GL2:**

- Two different Simple positions

**For GL3, GL4:**

- One Simple position + one different type of Difficult position (or vice versa)
- Two different types of Flexible positions
- Two different types of Balancing positions
- One Flexible position + one Balancing position (or vice versa)

**Group B**

**1. Difficult Entry**

- A difficult entry is a difficult movement executed during the entry into the Group Lift and must have a significant impact on the balance control and execution of the GL
- Using **only** two lifting Skaters will not be considered a difficult entry

**For GL3 & GL4**

- The Difficult position must be achieved immediately after/from the difficult entry unless the Team is using a vaulting entry

A Difficult Entry includes but is not limited to the following:

**VAULT**

- The vaulting Skater must vault up into the main lift position (see exception when using the Change of Position of the Lifted Skater Feature)
- The lifted/vaulting Skater may stop on the shoulders of the supporting Skater(s) before achieving the main lift position

**PRE- LIFT**

- A pre-lift may be a group lift (simple or difficult position) and/or pair lift and must occur preceding the Group Lift without a touchdown in-between

**Pre-pair lift**

- The lifted Skater may rest on the shoulders of the supporting Skater while in the Pair Lift and then may rest on the shoulders of the other supporting Skaters(s) after the pair lift and before achieving the main lift position

**Pre-group lift**

- The pre-group lift position must:
  - Be different than the main position of the Group Lift
  - Have a fixed position held at any level; if at shoulder level the lifted Skater may not rest on the shoulder(s) of the supporting Skater(s)
- If the lifted Skater is lowered from the pre-group fixed position:
  - The lowering and raising of the lifted Skater must be continuous and it is not permitted to stop/pause on shoulders of the supporting Skaters.
  - There is not a time requirement for pausing during the up/down/up movement since the movement must be continuous

**2. Difficult Exit**

- The difficult exit must have a significant impact on the balance control and execution of the exit of the GL
- A Pair Lift will not meet the requirements for the Feature
- If exiting from a horizontal position
  - A minimum of a 270° revolution around an axis parallel to the ice surface (i.e. rolling down) must be executed by the lifted Skater
  - The lifted Skater must roll down without interruption and must not be lowered to the shoulders of the supporting Skaters before starting to roll down

## **Group C**

### **1. Mirror Image Pattern**

#### **For GL1 & GL2**

- Group Lifts approaching from opposite directions, must pass each other while gliding and maintaining the lifted position

#### **For GL3 & GL4**

- Group Lifts must rotate in opposite directions as they pass each other while maintaining the difficult lifted position

### **2. Rotating in both Rotational Directions**

- Teams may choose the order of required degrees of rotation in a rotational direction

#### **For GL1 & GL2**

- There must be a minimum of 180° in each rotational direction

#### **For GL3, GL4**

- There must be a minimum of 360° in the first rotational direction + a minimum of 180° in second rotational direction (or vice versa)

### **3. Two Supporting Skaters**

- Only two Skaters must support the lifted Skater during Features and for any required rotations (depending on the level)
- During the Entry or Exit: Any number of Skaters may be used to assist the lifted Skater

## INTERSECTION Element

### Basic Requirements

1. Element must meet the technical requirements in the Well-Balanced Program Communication and in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating.

### DIFFICULTY GROUPS

LEVEL BASE IB	LEVEL 1 I1	LEVEL 2 I2	LEVEL 3 I3	LEVEL 4 I4
An Intersection Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include a choice of: <b>Option A</b> - Any Intersection with a face-to-face approach <b>Option B</b> - Two Line Intersection <b>Option C</b> - "V" Intersection	Must include a choice of: <b>Option A</b> - Two Line Intersection - One Feature <b>Option B</b> - "V" Intersection - One Feature <b>Option C</b> - Box/Triangle Intersection	Must include a choice of: <b>Option A</b> - Box/Triangle Intersection - One Feature <b>Option B</b> - Angled Intersection <b>Option C</b> - Whip Intersection	Must include a choice of: <b>Option A</b> - Angled Intersection - One Feature <b>Option B</b> - Whip Intersection - One Feature
<b>Note: See below for specific requirements for each type of Intersection</b>				

### FEATURE

1. Entry Variation

### GENERAL ELEMENT REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted during any phase of the Intersection
  - Exception: Only if Intersection is the last Element of the Program stopping/stationary is permitted during the exit phase.
- All Skaters must be back-to-back with a hold before the pi rotation(s) begins (*Except Level 1 option A*)

### SPECIFIC REQUIREMENTS FOR EACH TYPE OF INTERSECTION

#### Angled Intersection

- The corridor between the two Lines cannot be more than approximately three meters apart once the lead Skaters of each Line begin to overlap

#### Collapsing Intersection - Box/Triangle

- If using a pivoting approach, each Line must pivot at least 90° before the pi rotations begin

#### Two Line Intersection

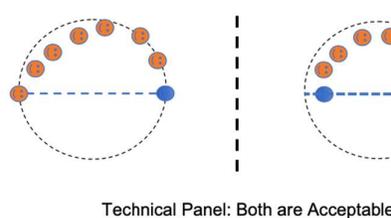
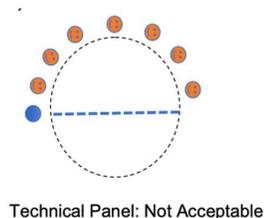
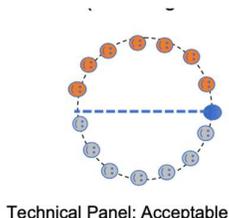
- Both Lines must be parallel to each other during the approach phase

#### "V" Intersection

- "V" Intersection is considered to have a pivoting back-to-back or face-to-face approach.
- Each Line must pivot at least 90° before the pi rotations begin

#### Whip Intersection

- Whip Intersection is considered to have a pivoting approach
- Lines must pivot in different rotational directions
- Both lines must achieve and maintain a curved shape for a minimum 90° pivot until the lead Skaters become back-to-back with the axis of intersection
- The distance in-between the two end Skaters of the same line, must be no larger than the diameter of a circle that would include all Skaters on the Team (considering the type of hold)  
(See diagrams)



## FEATURE REQUIREMENTS

### 1. Entry Variation

- Feature may include a variety of free skating movements, free skating elements or a complex pattern using the figure skating vocabulary
- The Entry Variation must be done before and/or during the approach phase and be completed before the pi rotation begins
- If using a complex pattern, the required shape of an intersection may appear before the pi rotation begins, in order to meet the requirements of that Intersection

#### **Angled Intersection:**

- Feature must be completed before the lead Skaters begin to overlap and the pi rotations begin

#### **Whip Intersection:**

- If using a movement with rotation for the Feature, the shape of an intersection may appear before the 90° pivot begins.
- Feature may be done during the 90° pivot if a hold is maintained
- If using 360° or more rotations during the Feature, or other movements where release of hold is required to execute the movement during the Feature, Skaters must regrasp immediately after the Feature has been completed and maintain their hold in a back-to-back position until the pi rotation begins

## POINT OF INTERSECTION ADDITIONAL FEATURE – Applies to Intersection Element

### Basic Requirements:

1. Additional Feature must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. All Skaters must attempt a pi rotation

### DIFFICULTY GROUPS

LEVEL BASE piB		LEVEL 1 pi1	LEVEL 2 pi2	LEVEL3 pi3	LEVEL 4 pi4
Any pi that does not meet the Level 1, 2, 3 or 4 requirements but meets the Basic Requirements	<b>Angled Intersection</b>	The last pi rotation must include: - a forward 360°	The last pi rotation must include: <b>Option A</b> - a forward 360° - one Feature <b>Option B</b> - a backward 360°	The last pi rotation must include: <b>Option A</b> - a backward 360° - one Feature <b>Option B</b> - a backward 720°	The last pi rotation must include: - a backward 720° - one Feature
	<b>“V” Intersection &amp; Two Line Intersection</b>	Must include: - a forward 360°	Must include: <b>Option A</b> - a forward 360° - one Feature <b>Option B</b> - a backward 360°	Must include: <b>Option A</b> - a backward 360° - one Feature <b>Option B</b> - a backward 720°	Must include: - a backward 720° - one Feature
	<b>Whip Intersection</b>	Must include: - a forward 720°	Must include: - a forward 720° - one Feature	Must include: - a backward 720°	Must include: - a backward 720° - one Feature
	<b>Collapsing Intersections</b>	Must include: - a forward 360°	Must include two rotations: <b>Option A</b> - a forward 360° + a forward 360° - one Feature <b>Option B</b> - a backward 360° + a backward 360°	Must include two rotations: <b>Option A</b> - a backward 360° + a backward 360° - one Feature <b>Option B</b> - a backward 720° + a backward 720°	Must include two rotations: - a backward 720° + a backward 720° - one Feature

### pi FEATURES

1. Hand(s) held above the Head
2. One-foot pi rotations

### GENERAL ADDITIONAL FEATURE REQUIREMENTS

- Extra rotations other than those required are not permitted
- A pi rotation must:
  - Begin to rotate before Skaters begin to intersect
  - Must continue to rotate as the Skaters intersect
  - Must not be completed before the Skaters begin to intersect
  - Must be continuous and uninterrupted
  - Must not be executed on the spot
- In the same line, all Skaters must execute each separate pi rotation in the same rotational direction (cw or acw)

### CHOREOGRAPHIC REQUIREMENTS

- Features must be executed at the same time by all Skaters

### ADDITIONAL FEATURE REQUIREMENTS FOR VARIOUS TYPES OF INTERSECTIONS

#### Angled Intersection

- Rotation(s), preceding the last pi rotation, must start just before or at the latest when the Lines start to overlap
  - A slight (minimal) pause in-between these rotations is permitted

- The last pi rotation (for the level) must start before the axis of Intersection and continue to rotate as Skaters pass through

**NOTE:** Rotations preceding a last 360° pi rotation must include any of the following combinations of separate continuous rotations:

- 360°+ 360° + 360°
- 720° + 360° (or vice versa)
- one continuous 1080° rotation

Rotations preceding a last 720° pi rotation must include any of the following combinations of separate continuous rotations:

- 360°+ 360°
- 720°

### **Collapsing Intersections – Box / Triangle**

- The first rotation must start before intersecting begins and end inside the Intersection
- The next rotation (if required for the level) must start
  - Inside the Intersection and end either within the Intersection or after the Skaters have exited the Intersection
- A slight (minimal) pause in-between the pi rotations is permitted to change feet/change edges or change rotational direction

### **Whip Intersection**

- All pi rotations must be in the same rotational direction that their respective Line uses
  - One Line is skating in a clockwise rotational direction, therefore the pi rotations of that Line must also be executed a clockwise rotational direction
- A continuous 720° rotation is required: A maximum of 360° must be done prior to reaching the “axis of intersection”

### **pi FEATURE REQUIREMENTS**

#### **1. Hand(s) held above the Head**

- The hand position must be reached within the first 180° rotation of the pi rotation and held until the completion of the pi rotation

**For pi2:** One or both hands must be above the head

**For pi3 & pi4:** Both hands must be above the head

**For the Angled Intersection:**

- At least the last continuous pi rotation must include the Feature

**For the Collapsing Intersection:**

- At least one of the pi rotations must include the Feature

#### **2. One foot pi rotations**

- All Skaters must clearly be on one foot during the 360° or 720° rotations
- A combination of backward Three Turn + Mohawk will not meet the requirements for this Feature

**For the Angled Intersection:**

- At least the last continuous backward pi rotation is required to be executed on one foot

**For the Collapsing Intersection:**

- At least one pi rotation is required to be executed on one foot

## LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel)

### BASIC REQUIREMENTS:

1. Elements must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. If using two Circles or two Lines, they must be as equal as possible
3. If using one or two Wheels, the spokes must be as equal as possible
4. Ice Coverage:
  - Linear Elements (Block/Line) must cover a minimum of 30 meters
  - Rotating Elements (Circle/Wheel): All Skaters must rotate a minimum of 360° in one rotational direction or a comparable distance if both rotational directions are used

### DIFFICULTY GROUPS

LEVEL BASE (BB/CB/LB/WB)	LEVEL 1 (B1/C1/L1/W1)	LEVEL 2 (B2/C2/L2/W2)	LEVEL 3 (B3/C3/L3/W3)	LEVEL 4 (B4/C4/L4/W4)
An Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: - One Feature	Must include: - Two Features	Must include: - Three Features	Must include: - Four Features

### FEATURES

LINEAR ELEMENTS		ROTATING ELEMENTS	
BLOCK	LINE	CIRCLE	WHEEL
1. Change of Position	1. Change of Position	1. Change of Position	1. Change of Position
2. n/a	2. n/a	2. Change of Rotational Direction	2. Change of Rotational Direction
3. Choreographic Series	3. Choreographic Series	3. Choreographic Series	3. Choreographic Series
4. Circular Pattern	4. n/a	4. n/a	4. n/a
5. Different Configuration	5. Different Configuration	5. Different Configuration	5. Different Configuration
6. n/a	6. n/a	6. Interlocking	6. Interlocking
7. Jumps and/or Throw Jumps	7. Jumps and/or Throw Jumps	7. Jumps and/or Throw Jumps	7. Jumps and/or Throw Jumps
8. Pivoting	8. Pivoting	8. n/a	8. n/a
9. n/a	9. Release of hold	9. n/a	9. Release of hold
10. Three different types of connected holds	10. Three different types of connected holds	10. n/a	10. Three different types of connected holds
11. n/a	11. Two Different Axis	11. n/a	11. n/a
12. n/a	12. n/a	12. Weaving	12. n/a

### GENERAL ELEMENT REQUIREMENTS

- Stopping is not permitted

### CHOREOGRAPHIC REQUIREMENTS

- Features must be executed at the same time by the required number of Skaters

### GENERAL FEATURE REQUIREMENTS

- The same Feature(s) must be executed by the required number of Skaters
- Element must move before, during and after the Feature(s)

<b>Feature #1</b> Change of Position may not be done at the same time as: <ul style="list-style-type: none"> <li>- #5 Different Configuration</li> <li>- #6 Interlocking</li> <li>- #9 Release of hold</li> <li>- #12 Weaving</li> </ul>	<b>Feature #3</b> Choreographic Series may not be done at the same time as: <ul style="list-style-type: none"> <li>- #9 Release of Hold</li> </ul>	<b>Feature #5</b> Different Configuration may not be done at the same time as: <ul style="list-style-type: none"> <li>- #1 Change of Position</li> <li>- #6 Interlocking</li> <li>- #9 Release of hold</li> <li>- #12 Weaving</li> </ul>
---	---	---

## FEATURE REQUIREMENTS

### 1. Change of Position (B, C, L, W)

- All Skaters must participate, meaning that each Skater assists by skating towards their new place (Skaters may remain in their new place or return to their starting place)
- Slowing down to allow another Skater/Line to pass will not meet the requirements
- May be done in any manner using individual Skaters, pairs, and/or lines

### 2. Change of Rotational Direction (C, W)

- At least ½ of the Team must execute the Feature

### 3. Choreographic Series

- At least ½ of the Team must execute:
  - i. A minimum of two recognizable turns plus other steps and linking steps
  - ii. Body Movements including at least one low level
  - iii. A variety of arm movements
- Begins with the first Body Movement and ends once the requirements have been met
- May be done in full or in part with another Feature

### 4. Circular Pattern (B)

- All Skaters must participate
- The Block must cover a minimum of 270° on a circular pattern in one rotational direction
- The lines of the Block must remain as parallel as possible to a circular pattern

### 5. Different Configuration (B, C, L, W)

- All Skaters must participate in both configurations

#### For the Block

- **Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations

### 6. Interlocking (C, W)

**Circle** - At least ½ of the Team must Interlock at least one time

**Wheel** - All spokes must interlock at least one time

- Interlocking must:
  - Occur at least once
  - Be continuous and done one after the other

### 7. Jump and/or Throw Jumps (B, C, L, W)

- At least ½ the Team must execute a recognizable Jump and/or Throw Jump of at least one revolution

### 8. Pivoting (B, L)

- All Skaters must participate and pivot at least 90° with recognizable turns and steps

### 9. Release of Hold (L, W)

- All Skaters must release their hold for at least three seconds
- During the release of hold each Skater must turn/rotate a minimum of 360° and/or use both skating directions

### 10. Three Different types of connected holds (B, L, W)

- All Skaters must execute the three different types of connected holds
- Each Skater must use the same type of hold at the same time

### 11. Two Different Axis (L)

- All Skaters must use at least two distinctly different axis: long, short and/or diagonal axis

### 12. Weaving (C)

- All Skaters must weave
- Weaving must:
  - Occur at least twice
  - Be continuous and done one after the other

## MIXED Element

### BASIC REQUIREMENTS:

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. To have the element confirmed (fixed value), all Skaters must participate and be in the Element

### GENERAL ELEMENT REQUIREMENTS

1. Stopping is not permitted (Choreographed)

## MOVE Element

### BASIC REQUIREMENTS:

1. Element must meet the technical requirements in the WBP Communication and in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. All Skaters must attempt one fm

### DIFFICULTY GROUPS

LEVEL BASE MEB	LEVEL 1 ME1	LEVEL 2 ME2	LEVEL 3 ME3	LEVEL 4 ME4
A Move Element that does not meet the level 1, 2, 3, or 4 requirements but meet the Basic Requirements	Must include: - One Feature	Must include: - Two Features	Must include: - Three Features - At least ½ of the Team must execute a Difficult fm	Must include: - Four Features - More than ¾ of the Team must execute a Difficult fm

### FEATURES

1. Change of Position
2. Difficult Entry
3. Intersecting and/or Passing-through
4. Release of foot/leg during a Supported fm
5. Two Different Types of fm (Free Skating only)

### GENERAL ELEMENT REQUIREMENTS

- At least ¼ of the Team must
  - Execute the same type or subtype of fm (including free leg positions)
    - Short Program, all Skaters must use the same free leg position
  - Execute a change of edge, rotational direction and/or position at the same time

### CHOREOGRAPHIC REQUIREMENTS

- Teams must choose one of the following options;
  - a. All fms begin at the same time and end at either the same or different times
  - b. fms begin at different times and all fms end at the same time
- Features must be executed at the same time by the required number of Skaters
  - Change of Position: The release of hold and re-grasp of hold must be done at the same time

### ICE COVERAGE RESTRICTIONS / REQUIREMENTS

- All fms must be executed within 30 meters from each other, including Features

### TYPES OF POSITIONS

There are two lists of fms offered as a choice – Simple fms and Difficult fms (See Chart)

- When changing from clockwise to anti-clockwise (or vice versa) additional steps, turn(s) or linking steps are NOT permitted other than those required to quickly change the direction

Simple fms	Difficult fms
<ul style="list-style-type: none"> <li>- <b>Spread Eagle</b> - using one or both rotational directions</li> <li>- <b>Inna Bauer</b> - using one or both rotational directions</li> <li>- <b>Outside Spread Eagle + Outside Ina Bauer</b> (or vice versa) - using the same or both rotational directions</li> <li>- <b>Outside Ina Bauer in one rotational direction + Outside Spread Eagle in the opposite rotational direction</b> (or vice versa)</li> <li>- <b>Supported or Unsupported Spiral with or without a change of edge and/or free leg fully extended position to the front, side or behind</b></li> <li>- <b>Spiral Variation with or without a change of edge</b> <ul style="list-style-type: none"> <li>- self-Supported, partner supported or unsupported</li> <li>- free leg placed to the front, side or behind</li> <li>- free leg is bend to at least 45°</li> </ul> </li> <li>- <b>Upright Extension 135°</b> <ul style="list-style-type: none"> <li>- self-supported, partner supported or unsupported</li> <li>- free leg fully extended to the front, side or behind</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- <b>Unsupported Spiral 135° with one change of edge</b> <ul style="list-style-type: none"> <li>- free leg fully extended with the free leg held to the back</li> </ul> </li> <li>- <b>Unsupported Spiral 135° with a change of free leg position with or without a change of edge</b> <ul style="list-style-type: none"> <li>- free leg fully extended, unsupported as it changes to a front, side or back position</li> </ul> </li> <li>- <b>Upright Extension 135° with one change of edge</b> <ul style="list-style-type: none"> <li>- self-supported or unsupported</li> <li>- free leg fully extended to the front, side or back</li> </ul> </li> <li>- <b>Upright Extension 170° with or without one change of edge</b> <ul style="list-style-type: none"> <li>- self-supported or unsupported</li> <li>- free leg fully extended to the front, side or back</li> </ul> </li> <li>- <b>Biellmann Spiral</b> with or without change of edge           <ul style="list-style-type: none"> <li>- self-supported</li> </ul> </li> </ul>

## FEATURE REQUIREMENTS

### 1. Change of Position

- Must be executed by at least  $\frac{1}{2}$  of the Team
- Skaters must be arranged in line(s) comprised of at least  $\frac{1}{4}$  of the Team
- Skaters must have a hold before and after the Change of Position
- Skaters must establish their own track both before and after the Change of Position
- Skaters must cross the track of the other Skaters with whom they are changing position

### 2. Difficult Entry

- At least  $\frac{1}{2}$  of the Team must include a Difficult Entry
- At least  $\frac{1}{4}$  of the Team must execute the same Difficult Entry

Examples of a Difficult Entry (not limited to the following):

#### a) Difficult one-foot turn(s)

- Recognizable Difficult one-foot turns are: Bracket, Counter, Rocker, Double Twizzle (720°) or more
- The exit edge of the "Difficult one-foot turn" must be the entry edge of the fm

#### b) Jump or Dance jump

- The landing foot/edge must be the entry foot/edge of the fm

### 3. Intersecting and/or Passing-through

- At least  $\frac{1}{2}$  of the Team must execute an fm that is Intersecting and/or Passing-through
- Fms may Intersect and/or Pass-through at the same or different times

### 4. Release of foot/leg during a Supported fm

- **SP:** All Skaters must execute the Feature
- **FS:** At least  $\frac{1}{2}$  of the Team must execute the Feature
- The selected fm must have the possibility of being both self-supported, partner supported and/or unsupported and may start supported and end unsupported (or vice versa)
- The same fm position must be maintained before and after the release of foot/leg
- The supported fm and the unsupported fm must each be held for at least 2 seconds

### 5. Two Different Types of fms (Free Skating only)

- At least  $\frac{1}{4}$  of the Team must present each type of fm

## NO HOLD Element

### BASIC REQUIREMENTS:

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. No Hold Element must not be executed following the Twizzle Element

### DIFFICULTY GROUPS

LEVEL BASE NHEB	LEVEL 1 NHE1	LEVEL 2 NHE2	LEVEL 3 NHE3	LEVEL 4 NHE4
A No Hold Element that does not meet the level 1, 2, 3, or 4 requirements but meets the Basic Requirements	Must include: <ul style="list-style-type: none"><li>- One Feature</li></ul>	Must include: <ul style="list-style-type: none"><li>- Two Features</li></ul>	Must include: <ul style="list-style-type: none"><li>- Three Features</li></ul>	Must include: <ul style="list-style-type: none"><li>- Four Features including Diagonal Axis Feature</li></ul>

**ADDITIONAL FEATURE** – Step Sequence (as required in the Well-Balanced Program)

### FEATURES

1. Change of Position
2. Diagonal Axis
3. Different Configuration
4. Jump
5. Pivoting

### GENERAL ELEMENT REQUIREMENTS

- Advanced Novice: Twizzle must be included in the NHE

### CHOREOGRAPHIC REQUIREMENTS

- Each Feature must be executed at the same time by the required number of Skaters

### GENERAL FEATURE REQUIREMENTS

- All Skaters must execute each Feature
- Stopping and/or becoming Stationary is not permitted during any Feature
- Block must continue to progress across/along the ice before, during and after each Feature
- Features must be done separately but if using the Different Configuration Feature, then other Features may be executed in either Configuration

### FEATURE REQUIREMENTS

#### 1. Change of Position

- All Skaters must participate, meaning that each Skater assists by skating towards their new place (Skaters may remain in their new place or return to their starting place)
- Slowing down to allow another Skater/Line to pass will not meet the requirements for this Feature
- May be done in any manner using individual Skaters, pairs, and/or lines

#### 2. Diagonal Axis

- Entry and exit of each one-foot turn must be on the same diagonal axis
- Turns must be recognizable

##### For NHE1 and NHE2

- All Skaters must execute the same two turns (one-foot turns, two-foot turns or a combination of both)

##### For NHE3 and NHE4

- All Skaters must execute the same series of at least two different types of Difficult Turns/Steps (Bracket, Counter, Rocker, Loop, Double Twizzle (720°) or more rotation)

#### 3. Different Configuration

- All Skaters must participate in both configurations

**For the Block**

- **Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations

**4. Jump**

- Must be a recognizable jump of at least one revolution

**5. Pivoting**

- Block must pivot at least 90°
- Mirror Image Pattern is not permitted during this Feature
- Turns/Steps/Twizzles/linking steps must be the same
- A change of configuration is not permitted

**For NHE2** –Block pivots with two turns, steps and/or linking steps

**For NHE3 & NHE4** – Block pivots with a Choreographic Series

**Choreographic Series**

- All Skaters must execute:
  - i. A minimum of two recognizable turns plus other steps and linking steps
  - ii. Body Movements including at least one low level
  - iii. A variety of arm movements
- Begins with the first Body Movement and ends once the requirements have been met
- May be done in full or in part with another Feature

## STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

### BASIC REQUIREMENTS:

1. Additional Feature must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. All Skaters must attempt at least two turns (one-foot turns and/or two-foot turns)

### DIFFICULTY GROUPS

LEVEL BASE sB	LEVEL 1 s1	LEVEL 2 s2	LEVEL 3 s3	LEVEL 4 s4
A Step Sequence that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: <b>Four turns/step (two different types)</b>	Must include: <b>Six turns/step (three different types) AND a choice of:</b>  <b>Option A:</b> <b>One series executed on one foot consisting of:</b> - Three different types of "Difficult Turns/Step"  <b>Option B:</b> <b>Two different series (series must be executed on different feet) each consisting of:</b> - Two different types of "Difficult Turns/Step"	Must include: <b>Eight turns/step (six different types) AND</b>  <b>Two different series (series must be executed on different feet) consisting of:</b> - Three different types of "Difficult Turns/Step" - Two different types of "Difficult Turns/Step"	Must include: <b>Ten turns/step (seven different types) AND</b>  <b>Two different series (series must be executed on different feet) each consisting of:</b> - Three different types of "Difficult Turns/Step"
<b>Difficult Turns/Step:</b> Bracket, Counter, Rocker, Loop, Double Twizzle (720°) or more rotation				

### GENERAL ADDITIONAL FEATURE REQUIREMENTS

- All turns must be skated on the same edges, lobes and skating direction by all Skaters
- Mirror image pattern is permitted during a Step Sequence. The turns executed correctly in a mirror image pattern will be counted towards the level of the Step Sequence

### CHOREOGRAPHIC REQUIREMENTS

- All turns must be skated by all Skaters at the same time

### TYPES OF TURNS AND STEP

- One-foot Turns (five types) – Bracket, Counter, Rocker, Three Turn, Twizzle
- Two-foot Turns (two types) – Choctaw, Mohawk
- Step – Loop

## PAIR Element

### BASIC REQUIREMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating (Exception: All Pairs must perform the same movement at the same time)
2. All Pairs must attempt the pair pivot
  - If executing the Pair Element with an odd number of Skaters where one Skater is without a partner, the remaining solo Skater must attempt one part of the Pair Element

### DIFFICULTY GROUPS

LEVEL BASE PaB	LEVEL 1 Pa1	LEVEL 2 Pa2	LEVEL 3 Pa3	LEVEL 4 Pa4
A Pair Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: <ul style="list-style-type: none"><li>- The supported Skater is in a spiral supported or unsupported position for at least 360°</li></ul>	Must include a choice of: <b>Option A</b> <ul style="list-style-type: none"><li>- The supported Skater is in an Upright Extension 135° position for at least 360°</li></ul> <b>Option B</b> <ul style="list-style-type: none"><li>- The supported Skater is in a Death Spiral position for at least 360°</li></ul>	Must include: <ul style="list-style-type: none"><li>- The supported Skater is in a Death Spiral position for at least 360°</li><li>- One Feature</li></ul>	Must include: <ul style="list-style-type: none"><li>- The supported Skater is in a Death Spiral position for at least 720°</li><li>- Two Features</li></ul>

### FEATURES

1. Entry Variation
2. Exit Variation
3. Holding the Free Foot
4. Holding by One Hand

### GENERAL ELEMENT REQUIREMENTS

- All Pairs must perform the same supported position

### CHOREOGRAPHIC REQUIREMENTS

- All Pairs must attempt the pair pivot at the same time
- All Pairs must execute the Feature at the same time

### ICE COVERAGE RESTRICTIONS / REQUIREMENTS

- All Pairs must stay within 30 meters from each other

### PAIR REQUIREMENTS

- Supported Skater must:
  - Must maintain the correct position for the required rotation
  - Be clearly on one foot during the entry and exit
  - Must glide on their blade (and not on the boot) for the required number of rotations
- The knee/hand of the supported Skater must not touch the ice when exiting the death spiral

### GENERAL FEATURE REQUIREMENTS

- All Pairs must execute the same Feature(s)

### FEATURE REQUIREMENTS

#### 1. Entry Variation

- At least one Skater in each Pair must execute the movement
  - The variation must be done before or as the supported Skater takes the Death Spiral position
- Examples of Entry Variation (not limited to the following):

##### a) Difficult one-foot turn(s)

- Must be recognizable
- The exit edge of the "Difficult one-foot turn" must be the entry edge of the death spiral

**b) Free Skating move**

- The edge of the fm must be the entry edge of the death spiral

**c) Jump or Dance jump**

- If using a jump or dance jump, the landing foot/edge must be the entry foot/edge of the death spiral

**2. Exit Variation**

- At least one of the Skaters in each pair must execute the movement
- The variation must begin:
  - After the supported Skater completes the required rotations and/or once the supported Skater becomes upright
  - Before the pairs break/move apart (pairs maybe connected or unconnected)
- A one-foot turn / change of edge / change of foot are permitted before the movement begins
- A turn/step/solo spin will not meet the requirements for this Feature

**3. Holding the Free Foot**

- All Supported Skaters must take hold of their free foot (blade/boot or ankle) before being lowered into the Death Spiral position and keep the hold for the required rotation

**4. Holding by One Hand**

- Both Skaters must be holding by one hand before entering the Death Spiral position and maintain for the required rotation

## PIVOTING Element – BLOCK

### BASIC REQUIREMENTS:

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. The Block must cover a minimum of 30 meters AND pivot a minimum of 90°

### DIFFICULTY GROUPS

LEVEL BASE PBB	LEVEL 1 PB1	LEVEL 2 PB2	LEVEL 3 PB3	LEVEL 4 PB4
A Pivoting Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include a choice of: <b>Option A</b> - Pivoting with at least two, one-foot and/or two-foot turns <b>Option B</b> - Pivoting with one “Difficult one-foot turn” <b>AND for BOTH CHOICES</b> - may include steps and/or linking steps	Must include a choice of: <b>Option A</b> - Pivoting with a series of at least two “Difficult one-foot turns” (with/without a change of edge) <b>Option B</b> - Pivoting with two “Difficult one-foot turns” <b>AND for BOTH CHOICES</b> - may include steps and/or linking steps - Pivot point must change ends once - A minimum pivot of 45° is required before and after the pivot point changes ends	Must include: - Pivoting with a series of at least two different types of “Difficult one-foot turns” (without a change of edge) - One “Difficult one-foot turn” (may or may not be part of a series) - may include steps and/or linking steps - Pivot point must change ends once - A minimum pivot of 45° is required before and after the pivot point changes ends	Must include: - Pivoting with a series of four different types of “Difficult one-foot turns” (without a change of edge) - The pivot point must change ends once - A minimum pivot of 90° is required before and after the pivot point changes ends
<b>Difficult one-foot turns: Bracket, Counter, Rocker, Double Twizzle (720°) or more</b> <b>Exception: PB1, PB2: a single Twizzle or more is permitted</b>				

### GENERAL ELEMENT REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted
  - Pivoting must be done with correctly executed turns/step
- For PB1 & PB2**
- All Skaters must use the same skating direction and execute the same steps /turns/edges/ linking steps, on the same foot, in the same skating direction, during pivoting
- For PB3 & PB4**
- **If lines are using the same skating direction:** All Skaters must execute the same steps/turns/edges/linking steps, on the same foot, in the same skating direction, during pivoting
  - **If lines are using different skating directions:** All Skaters must use the same edge
    - All Skaters within the same line must use the same skating direction, foot, and edge

### GENERAL PIVOTING REQUIREMENTS

Pivoting must:

- Be continuous and executed all at once
- Occur during only one configuration of a Block
- Be executed in only one rotational direction

### CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the steps/turns/edges/linking steps, at the same time during pivoting

## PIVOTING Element – LINE

### BASIC REQUIREMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. Element Must cover a minimum of 30 meters AND pivot a minimum of 90°

### DIFFICULTY GROUPS

LEVEL BASE PLB	LEVEL 1 PL1	LEVEL 2 PL2	LEVEL 3 PL3	LEVEL 4 PL4
A Pivoting Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: - Pivoting in one line or two parallel Lines with or without turns - may include steps and/or linking steps	Must include: - Pivoting in one line or two parallel lines with at least two, one-foot and/or two, two-foot turns - may include steps and/or linking steps - The pivot point must change ends once - A minimum pivot of 45° is required before and after the pivot point changes ends	Must include: - Pivoting in two parallel lines - Series of at least two different types of “Difficult one-foot turns” (without a change of edge) - one “Difficult one-foot turns” (may or may not be part of a series) - Pivot point must change ends once - A minimum pivot of 45° is required before and after the pivot point changes ends	Must include: - Pivoting in two parallel lines - Series of four different types of “Difficult one-foot turns” (without a change of edge) - The pivot point must change ends once - A minimum pivot of 90° is required before and after the pivot point changes ends
<b>Difficult one-foot turns: Bracket, Counter, Rocker, Double Twizzle (720°) or more</b> <b>Exception: PB1, PB2: a single twizzle or more is permitted</b>				

### GENERAL ELEMENT REQUIREMENTS

- Stopping and/or becoming Stationary is not permitted
  - Pivoting must be executed using the required turns/steps on correct edges
- For PL1 & PL2**
- All Skaters must use the same skating direction and execute the same steps /turns/edges/ linking steps, on the same foot, in the same skating direction, during pivoting
- For PL3 & PL4**
- **If lines are using the same skating direction:** All Skaters must execute the same steps/ turns/edges/linking steps, on the same foot, in the same skating direction, during pivoting
  - **If lines are using different skating directions:** All Skaters must use the same edge
    - All Skaters within the same line must use the same skating direction, foot, and edge

### GENERAL PIVOTING REQUIREMENTS

Pivoting must:

- Be continuous and executed all at once
- Be executed in only one rotational direction

### CHOREOGRAPHIC REQUIREMENTS

- All Skaters must execute the steps/turns/edges/linking steps at the same time during pivoting

## SYNCHRONIZED SPIN Element

### BASIC REQUIREMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. All Skaters/Pairs must attempt a spin
3. All Spins must rotate a minimum of three revolutions

### DIFFICULTY GROUPS

LEVEL BASE SySpB	LEVEL 1 SySp1	LEVEL 2 SySp2	LEVEL 3 SySp3	LEVEL 4 SySp4
A Synchronized Spin Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: - One Feature	Must include: - Two Features	Must include: - Three Features	Must include: - Four Features

### FEATURES

1. Change of Foot
2. Change of Position
3. Difficult Spin Position
4. Different Types of Spins
5. Entry Variation
6. Exit Variation
7. Same Spin

### GENERAL ELEMENT REQUIREMENTS:

#### Types of Spin Positions: Camel, Sit, Upright

- A maximum of two different "Types of Spin Positions" are permitted at the same time
- Variations of each "Type of Spin Position" are permitted as long as each Variation is executed by at least  $\frac{1}{4}$  of the Team

#### Types of Spins: Solo spin or Pair spin

- A maximum of two different "Types of Spins" are permitted at the same time

### CHOREOGRAPHIC REQUIREMENTS

- Entry and exit from a spin must be done at the same time by all Skaters (including Features)
- Each Feature must be executed at the same time by required number of Skaters

### ICE COVERAGE RESTRICTIONS REQUIREMENTS

- All spins must remain within 30 meters of each other

### GENERAL FEATURE REQUIREMENTS

- The same Feature(s) must be executed by required number of Skaters

### FEATURE REQUIREMENTS

#### 1. Change of Foot

- All Skaters must execute three revolutions on each foot

#### 2. Change of Position

- At least  $\frac{1}{4}$  of the Team must Change Position
- Two different types of spin positions must be used
- This position may be the same or different from the other part of the Team
- Three revolutions are required in each correct position

#### 3. Difficult Spin Position

- At least  $\frac{1}{4}$  of the Team must execute the same Difficult Position
- The Difficult Position must be held in a correct position for at least three revolutions
- The following photo's (not limited to) are considered to be Difficult Positions

<b>CAMEL POSITIONS</b>		
Camel Forward (CF) 	Camel sideways (CS) 	Camel upward (CU) 
<b>SIT POSITIONS</b>		
Sit forward (SF) 	Sit sideways (SS) 	Sit behind (SB) 
<b>UPRIGHT POSITIONS</b>		
Upright straight and sideways (US) 	Upright Biellmann (UB) 	Upright layback (UL) 
<b>NON BASIC POSITIONS (NBP)</b>		
		

#### 4. Different Types of Spins

- At least ¼ of a Team must execute the same Type of Spin

#### 5. Entry Variation

- All Skaters must execute the Feature
- May be done before or during the spiraling edge
- Different movements are permitted when executed by at least ¼ of the Team

Examples of Entry Variation (but not limited to the following):

##### a) Series of Difficult one-foot turn(s)

- Series must contain at least two recognizable "Difficult one-foot turns"
- Must be done on the entry edge/foot of the spin
- Exit edge of the last turn must be the entry edge of the spin

##### b) Free Skating move

- Fm must be done on the same foot as the spin (Spread Eagles are permitted)
- A turn or change of edge is permitted in-between the fm and the spin

##### c) Jump or Dance jump

- The landing of the jump or dance jump must be done before the spin
- A change of foot, turn or change of edge is permitted in-between the jump/dance jump and the spin

##### d) Illusion – A quick rotational movement when the Skaters' free leg kicks high. as the torso is lowered to hip or knee level of the supporting leg

- Must be done on the spinning foot at the beginning of the spin

##### e) Flying Spin

## 6. Exit Variation

- All Skaters must execute the Feature
- Skaters may change feet as they exit the spin
- Skaters must not stop during the exit variation

Examples of the Exit Variation (but not limited to the following):

### a) Series of Difficult one-foot turn(s)

- Series must contain at least two recognizable "Difficult one-foot turns"

### b) Free Skating move

- Fm must be done on the exit foot of the spin (Spread Eagles are permitted)
- A change of foot, turn or change of edge is permitted in-between the exit edge of the spin and the fm

### c) Jump or Dance jump

- The take-off of the jump or dance jump must be done after the spin
- A change of foot, turn or change of edge is permitted in-between the jump/dance jump and the spin

### d) Illusion

- Must be done on the spinning foot at the end of the spin

## 7. Same Spin

- All Skaters must execute exactly the same spin from the entry to the exit

## TRAVELING Element

### BASIC REQUIREMENTS

1. Element must meet the technical requirements in the WBP Communication and in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. All Skaters must be in an Element Shape (Circle or Wheel)
3. Element shape must rotate a minimum of 360° in total
4. Element must attempt travel

### DIFFICULTY GROUPS

LEVEL BASE TrEB	LEVEL 1 TrE1	LEVEL 2 TrE2	LEVEL 3 TrE3	LEVEL 4 TrE4
A Traveling Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: - One Feature	Must include: - Two Features	Must include: - Three Features	Must include: - Four Features

### FEATURES

1. Change of Position
2. Change of Relative Position
3. Two Continuous Backward 360° Rotations
4. Different Element Shapes (Free Skating Only)
5. Different Configuration
6. Interlocking
7. Intersecting (Wheel Element only)
8. Weaving (Circle Element only)

### GENERAL ELEMENT REQUIREMENTS

- Stopping or becoming Stationary is not permitted (Choreographed)
- Travel must be executed in one circle/wheel, two circles/wheels or a combination of a circle(s) + a wheel(s)

#### Circle Configuration – Composition requirements

**For TrE3 and TrE4** – If using two circles then the two circles must be as equal as possible

#### Wheel Configuration - Composition requirements

**For TrE3 and TrE4** – Must have at least four Skaters in each spoke while travelling

#### Combination of a Circle + a Wheel Shape (Free Skating only)

- Must meet the minimum number of Skaters required as stated above or in the SYS Special Regulations

### GENERAL TRAVELLING REQUIREMENTS

- Travel must be continuous
- Element must rotate during travel

### SHORT PROGRAM REQUIREMENTS

#### 2022-2023 Senior Elite 12 Short Program

- The Different Configuration Feature is permitted
  - Teams may begin or end in a Different Configuration as long as all other Features to be counted are executed in the Three Spoke Wheel
- Different Element Shapes Feature is not permitted

### CHOREOGRAPHIC REQUIREMENTS

- If executing circles/wheels then both circles/wheels must travel at the same time

### GENERAL FEATURE REQUIREMENTS

- The Element must continue to rotate and travel when executing Features
- The configuration must clearly travel before, during and after a Feature

### **Features not permitted to be executed at the same time:**

- Change of Position (Feature #1) may NOT be executed at the same time as the following Features:
  - #2 Change of Relative Position only if Intersecting
    - #6 Interlocking
    - #7 Intersecting
    - #8 Weaving

### **FEATURE REQUIREMENTS**

#### **1. Change of Position**

- All Skaters must participate, meaning that each Skater assists by skating towards their new place (Skaters may remain in their new place or return to their starting place)
- Slowing down to allow another Skater/Line to pass will not meet the requirements for this Feature
- May be done in any manner using individual Skaters, pairs, and/or lines

#### **2. Change of Relative Position**

- All Skaters must participate
- Feature may be done in any manner by Intersecting or passing
- Individual Skaters may change (one Skater at a time, skating a figure 8 pattern) from one Circle to another

#### **3. Two Continuous Backward 360° Rotations**

- All Skaters must execute the Feature
- The rotations must be done using a backward twizzle or a series of one-foot turns such as backward double three turns
- Backward 360° Rotations may be done separately and if so must be done one after the other
  - The two 360° rotations must each be executed in the same rotational direction
  - Holding in-between the two backward 360° rotations is not permitted
  - a 720° twizzle will be accepted
    - All Skaters must use the same turns

**FOR Level 3 & 4:** Continuous Backward 360° Rotations must be done in combination with one of the following Features

- #1 Change of Position
- #2 Change of Relative Position
- #7 Intersecting

#### **4. Different Element Shape (Circle/Wheel)**

- All Skaters must:
  - Start in an Element shape and change into a different shape
  - Participate in both Element Shape(s)

#### **5. Different Configuration**

- All Skaters must participate in both configurations of the same Element Shape
- Skaters must move from their original place in order to form the new configuration
- Other Features may be included in either the first or second configuration

#### **6. Interlocking**

**Circle** – At least ½ of the Team must Interlock at least one time

**Wheel** – All spokes must interlock at least one time

- Interlocking must:
  - Occur at least once
  - Be continuous and done one after the other

#### **7. Intersecting (Wheel only)**

- At least ½ of the Team must intersect
- Intersecting must:
  - Occur at least once
  - Be done at the same or at different times
- One spoke passing through another spoke rotating in the same direction Intersecting will not meet the requirements for the Feature

## 8. Weaving (Circle only)

- All Skaters must weave
- Weaving must:
  - Occur at least twice
  - Be continuous and done one after the other

## TWIZZLE Element

### BASIC REQUIREMENTS

1. Element must meet the technical requirements in the definition as outlined in the current Special Regulations and Technical Rules for Synchronized Skating
2. Twizzle Element must not be executed following the No Hold Element

### DIFFICULTY GROUPS

LEVEL BASE TwEB	LEVEL 1 TwE1	LEVEL 2 TwE2	LEVEL 3 TwE3	LEVEL 4 TwE4
A Twizzle Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Must include: <ul style="list-style-type: none"><li>- Two twizzles with both twizzles in the same or different rotational direction</li><li>- At least one rotation in each of the two twizzles</li></ul>	Must include: <ul style="list-style-type: none"><li>- Two twizzles, one twizzle in each rotational direction</li></ul> <b>AND a choice of:</b> <b>Option A</b> <ul style="list-style-type: none"><li>- At least two rotations in each of the two twizzles</li></ul> <ul style="list-style-type: none"><li>- Two different Features: selected from any Group</li></ul> <b>Option B</b> <ul style="list-style-type: none"><li>- At least three rotations in one twizzle and one rotation during the other twizzle</li><li>- Two different Features: selected from any Group</li></ul>	Must include: <ul style="list-style-type: none"><li>- Two twizzles, one twizzle in each rotational direction</li><li>- At least three rotations in one twizzle and at least two rotations during the other twizzle</li><li>- Three different Features: Maximum one Feature selected from each Group</li></ul>	Must include: <ul style="list-style-type: none"><li>- Two twizzles, one twizzle in each rotational direction</li><li>- At least three rotations in each of the two twizzles</li><li>- Four different Features: Maximum one Feature selected from each Group</li></ul>

### FEATURES

#### Group A – Upper body/hand Features

1. Hand(s) Above the Shoulders
2. Hands Clasped in Front

#### Group B – Free Leg Features

1. Free Leg Extended
2. Holding/touching the blade or boot of the free foot

#### Group C – Entry/Exit Features

1. A Third Twizzle
2. Both Twizzles on the Same Foot
3. Jump or Dance Jump Entry

#### Group D – Element Features

1. Change of Position
2. Different Configuration

### GENERAL ELEMENT REQUIREMENTS

- All Skaters must execute the same twizzles
- The Twizzles must be correctly executed
- A maximum of four-foot placements are permitted in-between each of the Twizzles

## **CHOREOGRAPHIC REQUIREMENTS**

- All Skaters must execute each Twizzle at the same time
- Each Feature must be executed at the same time by all Skaters

## **GENERAL FEATURE REQUIREMENTS**

- All Skaters must execute the same Feature
- Features must be done in either of the first two Twizzles

## **FEATURE REQUIREMENTS**

Features from Group A and B must be fully achieved within the first half rotation (180°) of the Twizzle **AND** held for the remaining number of rotations required for the level

### **Group A - Upper body/hand Features**

#### **1. Hand(s) Above the Shoulders**

- Hands may be held any height above the shoulders

#### **2. Hands Clasped in Front**

- Both arms must be straight
- Hands must be extended in front of the body
- Hands may be held any height
- Hands must be together

### **Group B - Free Leg Features**

#### **1. Free Leg Extended**

- Free leg extended to 45°

### **Group C - Entry/Exit Features**

#### **1. A Third Twizzle**

- Must have at least three rotations
- May be preceded by a maximum of four-foot placements

#### **2. Both Twizzles on the Same Foot**

- Both Twizzles must be executed on the same foot without change of foot or touch down in-between
- There is no limit on turns or movements performed on the one-foot in-between Twizzles

#### **3. Jump or a Dance Jump Entry**

- The landing foot must be the entry foot for the Twizzle
- A turn or change of edge is not permitted in-between the landing and Twizzle
- There must be an up/down motion during the Jump or Dance Jump

### **Group D – Element Features**

#### **1. Change of Position**

- All Skaters must participate, meaning that each Skater assists by skating towards their new place (Skaters may remain in their new place or return to their starting place)
- Slowing down to allow another Skater/Line to pass will not meet the requirements for this Feature
- May be done in any manner using individual Skaters, pairs, and/or lines
- The Change of Position must be done
  - During the same Twizzle
  - In the first or second Twizzle
- The Change of Position may begin with the entry of the Twizzle including the Jump or a Dance Jump Entry Feature

#### **2. Different Configuration**

- All Skaters must participate in both configurations of the same Element Shape
- The change of configuration must be done
  - During the same Twizzle
  - In the first or second Twizzle
- The change of configuration may begin with the entry of the Twizzle including the Jump or a Dance Jump Entry Feature

**Teams of 12 Skaters** - changing from four Lines of three Skaters to three Lines of four Skaters (or vice versa) will not be counted as two different Configurations