

SYNCHRO

SENIOR

Short Program

Team composition:

SAFSA competitions: btw 14-16 skaters with max 4 reserves.

For International Selection: 16 skaters with max 4 reserves.

Age requirements: Must be at least 15 years and older before 1st July preceding the competition.

Medal qualification:

For National championship ALL skaters require Skills 5 & Gold Star Part A & B,

For Interprovincial: 50% of skaters must have Skills 5.

Music Requirements:

Any music including vocal music using lyrics is permitted.

Additions of the sounds of applause or cheers are not permitted.

Duration of program: 2min 50sec (may be less)

List of five (5) Required Elements**1. Intersection Element**

- Angled Intersection
- Additional Feature (point of intersection) is required
- Features are permitted and will count if correctly executed

2. Move Element

- One fm must be executed by each skater
- One (1) fm must be an unsupported spiral with the free leg extended to the back executed by at least 1/2 of the team
- Any other fm(s) that the team wishes to include is a free choice of the team
- A minimum of four (4) skaters must attempt an fm
- Features are permitted and will be counted if correctly executed

3. No Hold Element

- Additional Feature (Step Sequence) is required
- Features are permitted and will be counted if correctly executed

4. Pivoting Element - Block

- Pivoting - executed in four (4) lines is required
- Change of pivot point is optional and will be counted if executed correctly

5. Rotating Element – Circle

- Features are permitted and will be counted if correctly executed

Updated according to Communication 2008, 2024, 2040
Refer to communication 2066 at end of this document *

Free Program

Duration of program: 4min 30sec (+-10sec)

Free Skating consists of a maximum of nine (9) Elements.

List of seven (7) Required Elements**1. Two Different Group Lift Elements**

- The Second Group Lift must be different from the first.*

2. Two Different Intersection Elements**1. One Intersection**

- Additional Feature (Point of Intersection(pi)) is permitted and will be counted if executed correctly

2. One Intersection

- Additional Feature (pi) will NOT be counted

- Teams are encouraged to be creative in all phases

3. No Hold Element**4. Pair Element**

- Pair Pivot Element or Pair Spin Element*

5. Travel Element -Wheel

PLUS A Choice of one (1) Element From each of the flowing groups:

GROUP A:

Move Element

or

Synchronized Spin Element

GROUP B:

Creative Element

or

Combined Element

As at November 2012:

Synchro Star Test Technical Score Pass Mark:

Gold Star Part A 8.40 Part B 16.50

International Minimum Total Score: 63.30

Worlds Minimum Total Score: 68.60

JUNIOR

Short Program

Free Program

Team composition:

SAFSA competitions: btw 14-16 skaters with max 4 reserves.

For International Selection: 16 skaters with max 4 reserves.

Age requirements: Must be at least 13 years, but not have reached the age of 19 years before 1st July preceding the competition.

Medal qualification:

For National championship ALL skaters require Skills 4 & Silver Star Part A & B,

For Interprovincial: 50% of skaters must have Skills 4.

Music Requirements:

Any music including vocal music using lyrics is permitted.

Additions of the sounds of applause or cheers are not permitted.

Duration of program: 2min 50sec (may be less)

List of five (5) Required Elements**1. Intersection Element**

- a) Whip Intersection
- b) Additional Feature (point of intersection) is required

2. Move Element

- a) One fm must be executed by each skater
- b) One (1) fm must be an unsupported spiral with the free leg extended to the back executed by at least 1/2 of the team
- c) Any other fm(s) that the team wishes to include is a free choice of the team
- d) A minimum of four (4) skaters must attempt an fm
- e) Features are permitted and will be counted if correctly executed

3. No Hold Element

- a) Additional Feature (Step Sequence) is required
- b) Features are permitted and will be counted if correctly executed

4. Pivoting Element - Block

- a) Pivoting - executed in three (3) lines is required
- b) Change of pivot point is optional and will be counted if executed correctly

5. Rotating Element – Circle

- a) Features are permitted and will be counted if correctly executed

Updated according to Communication 2008, 2024, 2040
Refer to communication 2066 at end of this document *

Duration of program: 4min (+-10sec)

Free Skating consists of a maximum of seven (7) Elements.

List of five (5) Required Elements**1. Two Different Intersection Elements**

- a) *One Intersection* - Additional Feature (point of intersection) is permitted and will be counted if executed correctly.
- b) *One Intersection*- Additional Feature (point of intersection) will not be counted. Teams are encouraged to be creative in all phases of this intersection

2. No Hold Element**3. Traveling Element –Wheel****4. Pair Element**

- a) *Pair Pivot Element* or *Pair Spin Element*

PLUS A Choice of one (1) Element From each of the flowing groups:

GROUP A:

**Move Element
or
Synchronized Spin Element**

GROUP B:

**Creative Element
or
Combined Element**

As at November 2012:

Synchro Star Test Technical Score Pass Mark:

Silver Star Part A 6.90 Part B 13.00

International Minimum Total Score: 50.50

Junior Worlds Minimum Total Score: 55.00

NOVICE**Free Program****Team composition:**

SAFSA competitions: btw 12-16 skaters with max 4 reserves.

For International Selection: 16 skaters with max 4 reserves.

Age requirements: Must be at least 10 years, but not have reached the age of 15 years before 1st July preceding the competition.

Medal qualification:

For National championship ALL skaters require Skills 2 & Bronze Star Part A & B,

For Interprovincial: 50% of skaters must have Skills 2.

Music Requirements:

Any music including vocal music using lyrics is permitted. Additions of the sounds of applause or cheers are not permitted.

Maximum element levels can be skated and the level will be called as executed. Max levels of Additional Features can be skated and will be called as executed.

Programme Components are judged:

- **Skating skills**
- **Performance/Execution**
- **Transitions**
- **Interpretation**
- **Choreography/Composition**

Factor: 1.0

Refer to communication 2066 at end of this document *

Duration of program: 3min 30 sec (+-10sec)

Six (6) Elements in Total:

List of five (5) Required Elements

1. **Intersection Element + Point of Intersection (pi)**
2. **Move Element**
3. **No Hold Element + Step Sequence (ss)**
4. **Pivoting Element - Block**
5. **Traveling Element – Wheel**

PLUS

A Choice of One (1) Element from each of the following Groups

GROUP A

Rotating Element –Circle

Liner Element-Line

GROUP B

Creative Element

Combined Element

As at November 2012:

Synchro Star Test Technical Score Pass Mark:

Bronze Star Part B 8.80

International Minimum Total Score: 17.80

NON-NATIONAL - BRONZE**Free Program****Team composition:**

SAFSA competitions: btw 12-20 skaters with max 4 reserves.

No Age requirements:**Medal qualification:**

For Inter-Provincials ALL skaters require Skills 1.

Music Requirements:

Any music including vocal music using lyrics is permitted. Additions of the sounds of applause or cheers are not permitted.

Maximum element levels can be skated but the level awarded will be one level lower than the maximum. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.

Programme Components are judged:

- **Skating skills**
- **Performance/Execution**
- **Interpretation**

Duration of program: 3min (+-10sec)

Six (6) Elements in Total:

List of five (5) Required Elements

1. **Intersection Element + Point of Intersection (pi)**
2. **Liner Element - Line**
3. **Pivoting Element – Block**
4. **Rotating Element - Circle**
5. **Traveling Element – Wheel**

PLUS

A Choice of One (1) Element:

Creative Element

OR

Combined Element

Refer to communication 2066 at end of this document *

NON-NATIONAL – INTRODUCTORY / BEGINNERS

Free Program

Team composition:

Provincial and Club competitions only: btw 8 - 16 skaters with max 4 reserves.

No Age requirements:**No Medal qualification:****Music Requirements:**

Any music including vocal music using lyrics is permitted. Additions of the sounds of applause or cheers are not permitted.

Highest element and Additional Features attempted may only be one level lower than the Maximum.

Programme Components are judged:

- **Skating skills**
- **Performance/Execution**
- **Interpretation**

Duration of program: 2min 30 sec (+-10sec)

Four (4) Elements in Total:

List of three (3) Required Elements

1. **One Intersection Element**
2. **One Line Element**
3. **One Block Element**

PLUS

A Choice of One (1) Element:

Rotating Wheel Element
or
Rotating Circle Element

Refer to communication 2066 at end of this document *

NON-NATIONAL - ADULT ADVANCED

Free Program

Team composition:

SAFSA competitions: btw 12-16 skaters with max 4 reserves.

Age requirements: Must be at least 25 years before 1st July preceding the competition.

Medal qualification:

For Inter-Regionals ALL skaters require Skills 1.

Music Requirements:

Any music including vocal music using lyrics is permitted. Additions of the sounds of applause or cheers are not permitted.

Maximum element levels can be skated and will be called as executed. The highest Difficulty Group of an Additional Feature may be attempted and will be called as executed.

Programme Components are judged:

- **Skating skills**
- **Performance/Execution**
- **Interpretation**

Duration of program: 3min (+-10sec)

Six (6) Elements in Total:

List of five (5) Required Elements

1. **Intersection Element + Point of Intersection (pi)**
2. **Liner Element - Line**
3. **Pivoting Element – Block**
4. **Rotating Element - Circle**
5. **Traveling Element – Wheel**

PLUS

A Choice of One (1) Element:

Creative Element

OR

Combined Element

Refer to communication 2066 at end of this document *

NON-NATIONAL – ADULT BEGINNERS**Free Program****Team composition:**

Provincial and Club competitions only: btw 8 - 16 skaters with max 4 reserves.

Age requirements: Must be at least 25 years, before 1st July preceding the competition.

No Medal qualification:

Music Requirements:

Any music including vocal music using lyrics is permitted. Additions of the sounds of applause or cheers are not permitted.

Highest element and Additional Features attempted may only be one level lower than the Maximum.

Programme Components are judged:

- **Skating skills**
- **Performance/Execution**
- **Interpretation**

Duration of program: 2min 30 sec (+-10sec)

Four (4) Elements in Total:

List of three (3) Required Elements

- 1. One Intersection Element**
- 2. One Line Element**
- 3. One Block Element**

PLUS

A Choice of One (1) Element:

**Rotating Wheel Element
or
Rotating Circle Element**

Refer to communication 2066 at end of this document *

References:

1. NTC Official Announcement 2016/02
2. NTC Official Announcement Pre Novice Component Programs.
3. SAFSA, Rules and Regulations, Part C, June 2011
4. ISU SPECIAL REGULATIONS & TECHNICAL RULES, SINGLE & PAIR SKATING and ICE DANCE, 2016
5. ISU SPECIAL REGULATIONS & TECHNICAL RULES, SYNCHRONIZED SKATING, 2016
6. ISU Communication No. 2019 Single & Pair Skating, Changes in Special Regulations and Technical Rules accepted by the 56th ISU Congress and the amendments.
7. ISU Communication No.2013, Single & Pair Skating, Ice Dance and Synchronized Skating, Guidelines for International Novice Competitions. NTC communication 2014/04
8. ISU Communication No.2008 Synchronized Skating, Well Balanced Program Content effective for the 2016/2017 season; this Communication replaces ISU Communication 1934
9. ISU Communication No.2066 Clarifications amongst others *:
 RULE 952: Duration of skating: The time must be reckoned from the moment that a skater begins to move or to skate until arriving at a complete stop at the end of the program.
 RULE 951: Clothing Clarification: Rhinestones adhered to the face are not appropriate for athletic competition and are therefore considered garish and theatrical and will be penalized by a deduction.