

F**SYNCHRONISED SKATING****1 Definition**

- 1.1 **The discipline of Synchronised Skating** consists of:
 - 1.1.1 a Short Program; or/and
 - 1.1.2 a Free Skating Program.
- 1.2 "Synchronisation Skating" refers to the quality of skating, importance of unison, the accuracy of formations and the preciseness of the team, **all incorporated into a program of a specified time limit.**
- 1.3 Synchronised Skating team composition in all SAFSA competitions and championships shall be:
 - 1.3.1 Between fourteen (14) and sixteen (16) skaters for Senior teams;
 - 1.3.2 Between fourteen (14) and sixteen (16) skaters for Junior teams; and
 - 1.3.3 Between twelve (12) and sixteen (16) skaters for Novice teams.
- 1.4 A Synchronised Skating team may include both ladies and men.
- 1.5 In addition to the maximum number of sixteen (16) skaters in the team, the team roster for each team may also include a maximum of four (4) reserves.

2 General rules for synchronised skating

- 2.1 For any competition or championship the team roster may include a maximum of twenty (20) skaters if available. Skaters are to be allocated to the team as follows and in the following order: Sixteen (16) of the twenty (20) skaters are to be nominated as the team members and a further four (4) skaters are to be nominated as the team reserves. For further minimum requirements, refer to Rules F.7.1, F.7.2, F.8.1, F.8.2, F.9.1 and F.9.2.
- 2.2 Any team wishing to be eligible to compete internationally must:
 - 2.2.1 At the National Championships compete with no less than sixteen (16) team members excluding the reserve team members; and
 - 2.2.2 At international competitions and championships, enter a team containing no less than seventy-five

percent (75%) of the total number of team members and team reserves as listed in the team roster at the National Championships.

- 2.3 Rule F.2.2.1 shall not apply should an injury and/or illness occur after the official closing date of entries for the National Championships resulting in less than sixteen (16) skaters available to comprise the team and if no or an insufficient number of reserves are included in the team roster to replace the injured and/or ill skater(s). The team will be permitted to skate and be eligible for international selection subject to the team meeting the minimum team composition requirements listed in F.1.3.
- 2.4 The injury and/or illness referred to in Rule F.2.3 may be verified by the Referee of the section concerned at the National Championships through any reasonable means including, but not limited to, a medical certificate indicating the nature of the injury and/or illness and further certifying that the skater(s) concerned is/are not capable of taking part as an athlete in a sporting event.
- 2.5 No skater may be listed on the team roster at the National Championships as a team member, team reserve or team alternate unless he or she has passed the required medal test qualification. For further details, refer to the individual team section requirements (Rules F.7.1, F.7.2, F.8.1, F.8.2, F.9.1 and F.9.2 and Rule Q(11)).
- 2.6 A synchronised skating team may compete in more than one (1) section with the proviso that the team meets all the requirements of the particular section(s) and that there is a minimum change of 50% in team composition including the reserves, if any are listed.
- 2.7 Synchronised Skating Teams are permitted to use individual Team names provided that these names are deemed acceptable, do not conflict with any SAFSA sponsors and are approved by the Council. Should a Team name be deemed inappropriate at any time, the Council shall notify the Provincial Chairperson in which the Team is currently registered as a member and request an alternate name for the Team in question.

3 Format for squad and team creation and composition

Any synchronised skating team wishing to take part in any competition or championship, both nationally and internationally, and be eligible to be nominated for Protea Colours must follow the procedure listed below.

- 3.1 The team must be created by means of a screening process that, once completed, shall initially allocate skaters to a squad by means of trials. All members of the squad must have participated and be selected from these trials.
- 3.2 Squad trials must be held annually and a notice, specifying the venue, date, minimum and maximum age requirements and any other requirements, announcing the squad trials must be placed in a prominent position in the ice rink a minimum of thirty (30) clear days prior to the squad trials being held. In addition, the notice must also reach the Secretary General of SAFSA thirty (30) clear days prior to the squad trials being held. The Secretary General shall then distribute this notice to all Provincial Committee's whom, in turn, shall inform their Provincial Members.
- 3.3 The squad trials must be supervised and adjudicated by a SAFSA Synchronised Skating Judge(s) in conjunction with the nominated squad coach and/or assistant coach. The aforementioned Judge(s) in conjunction with the nominated squad coach and/or assistant coach shall determine the number of skaters constituting the squad.
- 3.4 The squad trials must be open to participation by any SAFSA member subject to the member meeting any requirements set at the trials. The final decision of the Judge(s) and coach(es) regarding the squad composition shall be final and no correspondence shall be entered into regarding the composition thereof.

4 Definition of terms used in Synchronised Skating

4.1 Definition of General Terms

4.1.1 Additional Features

A term used to describe the technical content that increases the difficulty of an element within a specified Difficulty Group of an Element. Additional Features are components, which may become part of the Difficulty Groups of Elements and Step Sequences. Some Additional Features are required in the Short Program. Additional Features are optional in the Free Skating Program. Examples of Additional Features include: body movement, change of configuration, change of rotational direction, travelling, pivoting. The Additional Features for each element will be updated yearly and published by the ISU Synchronised Skating Technical Committee through an ISU Communication.

- 4.1.2 **Axis**
Axis refers to the imaginary line(s) which divide the ice surface (long axis, short axis, diagonal axis, continuous axis). A turn(s) or pattern(s) is executed on an axis.
- 4.1.3 **Axis of the Point of Intersection**
Refers to the axis where the Skaters are passing or intersecting with one another
- 4.1.4 **Configuration (Arrangement / Form)**
Defined as the arrangement and/or form of the element. By arrangement it is meant that the skaters must change the team members beside whom they skate. By form is meant the number of lines in an element such as a Block or Wheel, etc.
- 4.1.5 **Difficulty Groups of Elements**
All elements in Synchronised Skating are divided into groups of difficulty based on the number of Additional Features included. The Difficulty Groups of Elements will be updated and published by the ISU Synchronised Skating Technical Committee through an ISU Communication.
- 4.1.6 **Element**
An element is a component that is part of a Synchronised Skating Short and Free Skating program. Elements are divided into groups of difficulty.
- 4.1.7 **Fall**
A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice being supported by any other part of the body other than the blades. e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.
- 4.1.8 **Features**
A term used for describing a technical content that increases the difficulty of an element. Features such as Step Sequences, Free Skating Moves, Free Skating Elements and Point of Intersection are divided into the Groups according to their difficulty.
- 4.1.9 **Highlighting**
Defined as an action in which a skater performs a movement that is distracting from the performance of the rest of the team. Highlighting movements are illegal and thus forbidden in Synchronised Skating.

4.1.10 Mirror Image Pattern

A mirror image pattern is shown when **any part of** the team uses a combination of both clockwise and anti-clockwise directions. **The mirror image pattern may appear in Step Sequences (except in the circle step sequence), blocks, circles, lines and during moves in the field, movements in isolation, pair element and wheel in the Free Skating program only.**

4.1.11 Pair Move

A Pair move is defined as a free skating move when two (2) skaters are attached to each other either by one or both hands.

4.1.12 Point of Intersection

The point of intersection is defined as the exact point where skaters pass each other. In the case of a collapsing intersection (box, triangle, etc.) the point of intersection is defined as being the area when the majority of the skaters have reached approximately the half ($\frac{1}{2}$) way point of that intersection.

4.1.13 Retrogression

The team shows a movement in a direction opposite to that of the initial direction. The team must show a reverse of the first direction before resuming the **starting point** and axis (a slight deviation from the **starting point and** original axis is permitted).

4.1.14 Skating Direction

The change of skating direction refers to a skating direction either forwards or backwards (e.g. forward spirals and backward spirals).

4.1.15 Sub-grouping

Defined as a subordinate or smaller group(s) without close relationship to the rest of the team; a division of the team into several smaller groups.

4.1.16 Transitions

In the Short Program, transitions may be comprised of varied and/or intricate footwork, linking steps and movements to link the required elements, which also include the entrances and exits of elements. No other connecting elements are allowed to link the required elements of a Short Program.

In the Free Skating Program, transitions may be comprised of varied and/or complex footwork, linking steps, movements, formations and other connecting

elements linking all of the well balanced program required elements, which also include the entrances and exits of elements.

4.2 Definition of Steps and Turns

Steps result in the visible tracing on the ice and are mostly executed on one foot. They may consist of an edge, a change of edge, a turn such as a three or counter or a flat edge which is usually not acceptable.

4.2.1 Edge

The visible tracing on the ice produced by a skater skating on one foot that is on a distinct curve.

4.2.2 Flat

The visible double tracing on the ice that is straight (imprinted by the skater skating on one foot on both edges of the blade).

4.2.3 Turn

A rotational movement in which the skater moves from forward to backward or backward to forward using either one or two feet, and on an edge and axis.

4.2.4 Turning Method

A technique in which a rotational movement occurs using either the same/one lobe (bracket, three turn, twizzle) or using two different lobes (counter, rocker) during the entry and exit of each turn.

4.2.5 Three Turn

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction of the curve.

4.2.6 Bracket Turn

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction opposite to the curve.

4.2.7 Rocker Turn

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry

curve. The skater turns in the direction of the entry curve.

4.2.8 Counter Turn

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction opposite to the entry curve (i.e. in the direction of the exit curve).

4.2.9 Swing Rocker or Swing Counter Turns

A type of rocker or counter in which the free foot swings smoothly past and close to the skating foot before the turn and after the turn is either moved past the skating foot and held behind over the tracing or allowed to swing forward.

4.2.10 Twizzle Turn

A travelling turn on one (1) foot with one or more rotations which quickly rotates with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked three turns is not acceptable as this does not constitute a continuous action. If the travelling action stops during the execution, the twizzle becomes a solo spin.

4.2.11 Linking Steps

The visible tracing on the ice that is executed on one or two feet. They may consist of an edge, change of edge, chasses, cross rolls, crossovers, progressives, toe steps moving, dance jumps and small hops. Linking steps may be used as connecting steps between turns in the required Step Sequence.

4.2.12 Loop

A one foot movement where the skater skates an oval pattern using the same edge. The entry and exit of the loop must cross. The loop must be clean cut without scraps or points.

4.2.13 Change of Edge

The visible tracing on the ice that changes from one distinct curve to another distinct curve with no change of foot.

4.2.14 Chasse

A series of two edges (usually outside, inside) in which on the second edge the free foot is placed on

the ice beside the skating foot, but not ahead of it, and the free foot is lifted with the blade parallel to the ice.

4.2.15 Choctaw

A turn from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside edge to inside edge or inside edge to outside edge. The entry and exit edge are of equal depth.

4.2.16 Mohawk

A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from and outside edge to and outside edge or and inside edge to an inside edge.

4.2.17 Cross Roll

A roll started with the action of the free foot approaching the skating foot from the side so as to strike the ice almost at right angles to the skating foot, started forward with the feet crossed in front or backward with the feet crossed behind.

4.2.18 Dance Jump

A small jump of not more than one-half (1/2) revolution used to change feet or skating direction.

4.2.19 Small Hop

A small jump without revolution.

4.2.20 Progressive / Run

A step or sequence of steps in which the free foot passes the skating foot before it is placed on the ice, thereby bringing the new free foot off the ice trailing the new skating foot

4.2.21 Toe Steps moving

A step where the skaters move from one toe to the other without jumping as they travel down the ice.

4.3 Definition of Features and Requirements

4.3.1 Step Sequences

4.3.1.1 General description, requirements and limitations

4.3.1.1.1 Consist of a combination/series of different turning methods such as three turns, brackets,

counters, rockers, mohawks, choctaws, twizzles, loops and linking steps such as progressives, chasses, cross rolls, change of edges, toe steps moving, small hops, dance jumps and short free skating moves.

4.3.1.1.2 Crossovers must be used minimally and only one (1) crossover in a row may be included in a step sequence.

4.3.1.1.3 A Step Sequence can be used several times during the whole element however, only the first Step Sequence that fulfils the requirements for Step Sequences will determine the difficulty.

4.3.1.1.4 During the Step Sequence all skaters must execute the same linking steps/turns/edges in the same skating direction at the same time except during free skating moves and to initiate or end a mirror image pattern.

4.3.1.1.5 A mirror image pattern is permitted during a Step Sequence (except for the Circle Step Sequence Element). The turns executed during the mirror image pattern will not end a Step Sequence nor be counted towards the level of a Step Sequence.

4.3.1.1.6 Short free skating moves are allowed within Step Sequences but must be held for less than three (3) seconds.

4.3.1.1.7 The requirements for the levels of Step Sequences must be executed correctly in order for the Step Sequence Feature to be counted.

4.3.1.2 Ice coverage requirements

4.3.1.2.1 The Block Step Sequence and Circle Step Sequence are

Elements without a Step Sequence Feature.

4.3.1.2.2 The Step Sequence in a No-Hold Step Sequence must at least cover two-thirds ($\frac{2}{3}$) of the length of the ice surface.

4.3.1.3 Turn requirements

4.3.1.3.1 To receive a Step Sequence Feature/Level, the under mentioned requirements of turns must be fulfilled.

4.3.1.3.2 Step sequences that do not have sustained edges due to a quicker tempo are counted.

4.3.1.3.3 Teams that use a good quality of skating but have shorter and quicker edges shall not be penalized in the GOE.

4.3.1.3.4 Turns and linking steps are required in the Step Sequences. The turns and linking steps must be balanced in their distribution throughout the Step Sequence.

4.3.2 Free Skating Elements

Free skating elements such as jumps, jump combinations, jump sequences, assisted jumps, spins, lifts, death spirals, pair pivots and vaults are examples of free skating elements and are permitted in Synchronised Skating. These elements are allowed in other elements such as Movements in Isolation and Pair Elements or as a transitional move between elements to increase the difficulty of transitions and add variety/complexity to the program. To receive credit for the free skating element(s), each element must be executed correctly.

4.3.2.1 Assisted Jumps

Defined as jumps, of not more than one (1) revolution, in which a skater(s) provides passive assistance to another skater(s) in a non-supportive manner. The take-off must be performed by the skater that jumps. In this action there is a continuous ascending and descending movement. The hands of a skater(s) providing the passive assistance may rise higher than shoulder level height.

Assisted jumps are permitted and in the Free Skating Program only.

- 4.3.2.2 Butterfly (pair or individual)
The body is already in a nearly horizontal position at the take-off. The free leg makes a wide, powerful rotational swing upwards so that it is higher than the upper part of the body and head. During the flight and on the landing, the body remains in a horizontal position. There is no number of revolutions required after the landing.
- 4.3.2.3 Dance Jump
A small jump of not more than one-half (1/2) revolution used to change feet or skating direction.
- 4.3.2.4 Jump
Defined as rotational type movements of at least one (1) revolution during which both feet leave the ice. For the Junior and Novice sections, only jumps of one (1) revolution and for Seniors, jumps of maximum of one and one-half (1½) revolutions are permitted.
- 4.3.2.5 Jump Sequence
Consists of any number of jumps of no more than one (1) or one and one-half (1½) revolutions that may be linked together with small hops and dance jumps, immediately following each other while maintaining the jump rhythm (knee); there can be no crossovers or stroking between jumps during the sequence.
- 4.3.2.6 Jump Combination
Consists of any number of jumps of no more than one (1) or one and one-half (1½) revolutions that may be linked with turns, steps or with a slight touch down.
- 4.3.2.7 Lifts
Defined as an action in which a skater(s) is elevated to any height and set down by the lifting skaters or an action in which a skater(s) are elevated to any height by themselves using body support from other skaters. Lifts may be executed stationary or while gliding. Any rotations and/or positions

and changes of positions during the lift are permitted. The lifting/supporting skaters may rotate but not more than three and a half ($3\frac{1}{2}$) revolutions. Lifts should enhance the music chosen and express its character, but not be a display of acrobatics. Undignified actions and poses are forbidden. These lifts are permitted in the Senior Free Skating program only.

4.3.2.7.1 Pair Lift

An actions used in Synchronized Skating in which one skater is elevated by one other skater and set down. Pair Lifts performed by only one (1) lifting skater who fully extends their lifting arms above the head are illegal.

4.3.2.7.2 Group Lifts

Defined as an action in which one (1) or more skaters is (are) elevated to any height by two (2) or more skaters and set down. A lifting skater(s) must have at least one skate on the ice at all times. The types of Group Lifts include: (a) Group Lifts with 2 supporting skaters; (b) Group Lifts with 3 supporting skaters; and (c) Group Lifts with 4 supporting skaters.

4.3.2.7.3 Types of Pair and Group Lifts used in the Synchronized Skating include:

(a) Stationary Lifts (non-rotational and non-gliding) that are executed on the spot (stationary location) by the lifting skater(s);

(b) Gliding (non-rotational) Lifts during the preparation, lift and exit. All skaters in a Group Lift or both skaters in a Pair Lift must be skating or gliding as they prepare for the lift, the supporting/lifting skater(s) continue to glide as the lift is executed and remain gliding during the exit of the lift that

includes the landing of the lifted skaters as well as the continuation of the glide after the first touch down by all skaters in the lift.

(c) Stationary lifts (non-gliding) that revolve on the spot with rotation of at least 180 degrees and no more than three and a half ($3\frac{1}{2}$) rotations. The lift remains stationary as it rotates. The lifted and supporting skater(s) in a group lift/pair lift must rotate at least 180 degrees and no more than three and a half ($3\frac{1}{2}$) rotations once the lifted skater is in the elevated position. The supporting skater(s) in a group lift/lifting skater in a pair lift may glide without turning or may turn from forwards to backwards or visa versa using a two-footed three turn or two-footed Mohawk like steps.

(d) Gliding Rotational Lifts are defined as lifts where the lifting skaters rotate in a clockwise or anti-clockwise direction while gliding/travelling across the ice surface. All skaters in the Group or both skaters in a Pair Lift must be skating or gliding as they prepare for and rotate during the lift. The lift must glide during rotation. There is no minimum ice coverage required for the gliding before, during or after the rotation. The lifted and supporting skater(s) in a group lift/pair lift must rotate at least 180 degrees and no more than three and a half ($3\frac{1}{2}$) rotations once the lifted skater is in the elevated position. The supporting skaters in a group lift or lifting skater in a pair lift must turn from forwards to backwards or visa versa using two-footed three turns or two-

footed Mohawk like steps. The lift must be "landed" and continue to glide upon "landing".

4.3.2.7.4 Acrobatic lifts are defined as moves in which the skater is held only by either the blade(s), foot (feet), leg(s) or arm(s) and swung around. Such lifts are forbidden.

(a) All lifts where the lifted skater(s) is in a sustained, totally vertical position with the head held down are considered as expressions of acrobatics and are forbidden.

(b) Lifts where the lifted skater is rotating around herself/himself are allowed, provided there is no sustained, totally vertical position with the head held down.

(c) Lifts performed by only one (1) lifting skater who fully extends his/her lifting arms above the head are illegal. However, lifts where there are two (2) or more lifting skaters (Group Lifts) that fully extend their lifting arms are allowed.

4.3.2.8 Pair Pivot

Defined as a movement where one of the skaters in a pair is pivoting (with the toe pick in the ice for a minimum of 360 degrees, pivoting skater) and the other skater is revolving around the pivoting skater (supported skater for a minimum of 360 degrees). Any variations of the pivoting skater are allowed (forward and backward) as long as she/he keeps the pivot position with toe pick in the ice. The supporting skater may be gliding using a variety of positions. The positions may include an upright position, spiral or another position that is not upright. The difficulty of this position will determine the difficulty level of the Pair Pivot.

4.3.2.9 Death Spiral

The skater executing the death spiral must skate on a clean edge with her/his body and head close to the ice surface; however, the skater must not touch the ice with his/her head or assist themselves with the free hand or any part of the body. Variations of arm hold and pivot position (backward or forward) are possible.

4.3.2.10 Spins

Defined as a spinning movement with at least three (3) revolutions without interruption performed on one (1) foot on the spot (with the exception of a crossfoot spin) and in the correct position.

4.3.2.10.1 Types of Spins

(a) Solo spins are defined as spins performed by skaters spinning individually on one (1) foot without interruption.

(b) Spins with a change of foot or position are defined as spins containing one (1) change of foot or one (1) change of position with not less than three (3) revolutions on each foot and/or position, respectively.

(c) Spin combinations must include all three (3) basic positions (sit, camel upright or any variation thereof) with at least two (2) revolutions in every basic position and only one (1) change of foot with not less than three (3) revolutions on each foot. The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.

(d) Pairs spins are defined as spins performed by two (2) skaters on the spot around a

common axis simultaneously for three (3) revolutions **without interruption**. The spin **must** be commenced and completed on one (1) foot. One of both of the partners may be in different spinning positions and in any hold.

4.3.2.10.2 Types of Spinning Positions

(a) Camel spin: The skater remains in a spiral position while rotating. The free leg (including the knee and foot) must be held at hip level or higher.

(b) Sit spin: The skater remains in a sit position while rotating. The supporting leg must be bent at least to a 90° angle. The thigh of the skating foot must be parallel to the ice surface.

(c) Upright spin: The skater is in an upright position. The arms and free foot may be held in a variety of positions.

4.3.2.10.3 Variations of an Upright Spin

(a) Cross foot spin: An upright spin position where both of the skaters feet are on the ice while spinning. The feet may be crossed in front or behind.

(b) Layback spin: The skater must be leaning backwards with the head leaning away from the core axis of the body. The body must show a definite arch in the back.

(c) Sideways Leaning spin: The sideways leaning spin must have at least a 45° angle from the torso to be credited.

4.3.2.10.4 Difficult Variations of an Upright Spin

A difficult variation is a movement of the free leg which requires more physical strength, flexibility of the upright spin and therefore has an effect on the balance of the main body core.

(a) The Biellmann spin is defined as a spin where the skater's free leg is pulled, by one hand or both, from behind to a position higher than the head and towards the top of the head close to the central axis of the skater.

(b) Spiral 135° spin: A spin where the skater's body remains upright with the free leg held at a 135° angle to the skating leg. The free leg may be held to the front or to the side. The free leg and skating leg should be straight. The free leg may be supported or unsupported.

4.3.2.10.5 Flying Spins

This spin must "fly" during the entry of the spin. No previous rotation on the ice before take-off is permitted. The "flying position" may be executed in any position but all skaters must be in the same flying position. A three turn executed before the flight does not demonstrate a flying spin. After landing, all skaters must be in the same and correct spinning position for three (3) revolutions for the spin to be counted.

4.3.2.11 Throw Jumps

Throw Jumps are partner assisted jumps in which one of the skaters is thrown into the air by another skater on the take-off and lands without assistance from the partner on

a backward outside edge and are considered as illegal elements.

4.3.2.12 Vault

A Vault is an action of not more than one (1) revolution, in which a skater(s) provides passive assistance to another skater(s) in a non-lifting manner. The take off must be done by the skater who vaults. In this action there is a continuous ascending and descending movement (the vaulting skater is held off of the ice for less than three (3) seconds) where the vaulting skater may or may not rotate/revolve. A vault does not resemble a jump. The hands of a skater(s) providing the passive assistance may rise higher than shoulder level height. Two (2) Vaults are allowed in Junior and Senior Free Skating only.

4.3.3 Free Skating Moves

Free Skating Moves such as lunges, spirals, Ina Bauers, spread eagles, hydroblading, Biellmann spiral, Charlotte and shoot the duck are examples of free skating moves permitted in Synchronised Skating. Free Skating Moves are allowed in elements such as Movement in Isolation and Moves in the Field or as transitional moves between elements, or within an element, to increase the difficulty of transitions and add variety/complexity to the program. For the Free Skating Move(s) to be recognised, each move must be held in the correct position and on the correct edge for at least three (3) seconds. A Free Skating Move with a change of edge must held for four (4) seconds. The leading skater(s) must hold the Free Skating Move for at least two (2) seconds on each edge.

4.3.3.1 Hydroblading

The skaters must show a low sit-like position that is counter balanced, where the supporting leg is bent to at least 90° (parallel to the ice) and the free leg and hands are not resting on the ice surface. The skaters' torso, including the shoulders, is leaning far in towards the centre of the circle and the free leg is placed to the outside of that circle. The move must be executed on an edge and on one foot.

4.3.3.2 Ina Bauer

An Ina Bauer is a two-footed movement in which the skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge on a different but parallel edge/tracing. An Inside Ina Bauer is considered to be different than an Outside Ina Bauer. An Outside Ina Bauer is not considered to be a different free skating move than an Outside or Inside Ina Bauer with a change of edge.

4.3.3.3 Lunges (forward or backward)

A Lunge is a movement performed either forwards or backwards on an edge or flat in which a skater travels along the ice with one leg bent (with at least 90° between the thigh and shin of the skating leg) and other leg directly behind with the boot/blade touching the ice. The skater's torso may be upright, bent forward, leaning backwards or to the side. The free leg may be straight or bent and may be held to the back or side with the free foot in any position.

4.3.3.4 Shoot the Duck

The skaters must show a low position, where the supporting leg is bent to at least 90° (parallel to the ice) and the free leg is not resting on the ice surface. The skaters' torso may be upright, bent forward. The free leg may be straight or bent and may be held to the front or to the side. The move must be skated on an edge and on one foot.

4.3.3.5 Spirals

Defined as a glide on long forward or backward, inside or outside edges in an arabesque position in which the free leg including the knee and foot) is held equal to or higher than hip level. The position of the free leg may be backward, forward or sideways. Spirals executed on a forward edge are considered different to Spirals executed on a backward edge.

4.3.3.5.1 Biellmann Spiral

To be called as Biellmann position, the skater's free foot is pulled from behind to a position

higher than the head and towards the top of the head close to the central axis of the skater. The position needs to be held and maintained for at least three (3) seconds. A Biellmann skated on a forward edge shall be considered different than one skated on a backward edge.

4.3.3.5.2 Charlotte

A Charlotte is a glide either forwards or backwards on an edge or a flat. The skaters' body must bend forward so that the head and chest is "close" to the supporting leg. The free leg and supporting leg should be straight with the free leg extended behind and held at a minimum of 135°. The body should be bent forwards more than 135° from the upright position. The free leg may be supported or unsupported.

4.3.3.5.3 Spiral with a Change of Edge and Free Leg Position

In a Spiral with a change of edge and free leg position, the free leg must remain at least at hip level or higher as it changes position. The free leg position may change from front to side, or to the back or any combination thereof.

4.3.3.5.4 Spiral 135°

A Spiral 135° is a glide on a forward or backward inside or outside edge. The skaters' body remains upright with the free leg held at a 135° angle to the skating leg. The free leg may be held to the front or to the side. The free leg and skating leg should be straight. The free leg may be supported (either by the

same or another skater) or unsupported.

4.3.3.5.5 Spiral Variation

A Spiral position either to the front, side or to the back where the free leg is supported (either by the same or another skater) or unsupported. The free leg must be held higher than hip level (including the knee and foot).

4.3.3.6 Spread Eagle

A Spread Eagle is a curving, two-footed movement in which the skater skates with one foot on a forward edge and the other on a matching backward edge on the same curve (e.g. outside and outside). An Inside Spread Eagle is considered to be different than an Outside Spread Eagle. An Outside Spread Eagle is not considered to be a different free skating move than an Outside or Inside Spread Eagle with a change of edge.

4.3.4 Point of Intersection

The point of intersection is defined as the exact point where skaters pass each other. In the case of a collapsing intersection (box, triangle, etc.) the point of intersection is defined as being the area when the majority of the skaters have reached approximately the half ($\frac{1}{2}$) way point of that intersection. There are various difficulty groups for the point of intersection which are updated by the ISU Synchronised Skating Technical Committee and published by means of an ISU Communication.

4.4 Definition of Additional Features and Requirements

4.4.1 Back-to-back preparation and approach

The skaters' back (including the shoulders and hips) are facing towards the point of intersection. Skaters may be skating either forward or backwards. When the skaters are skating backwards and their shoulders are twisted to face forwards towards the point of intersection, the preparation and/or approach will not be considered to be back-to-back. A pivoting entry with backward skating is also considered to be a

back-to-back preparation and approach as long as the lines pivot more than 90°.

4.4.2 Body Movement

Body Movement is the visible use of the body parts (arms, legs, head, torso) to the rhythm of the music when executing turns and linking steps. Levels in space are divided into high, medium and low levels. The torso must visibly move away from its vertical axis and must be clearly recognised as having an influence on the balance on the blade.

4.4.2.1 High level: Refers to the area above the shoulders (high kicks and use of the arms over the head or hops with arms over the head with additional movement of the torso will meet the requirements for a high level).

4.4.2.2 Medium level: Refers to the area of space between the shoulders and waist (spiral or spiral like positions with the majority of the skater's body filling the medium level in space with additional movement of the torso will meet the requirements for a medium level).

4.4.2.3 Low level: Refers to the area of space below the waist (lunges with additional movement of the torso such as bending over at the waist and other such movements with the majority of the skater's body trying to fill the low level in space will meet the requirements for a low level).

4.4.3 Change of Rotational Direction

The change of rotational direction refers to a wheel or a circle changing from clockwise to an anti-clockwise direction. The change of rotational direction must be executed at the same time by all skaters. **The same linking steps/turns, holds and free skating moves must** be executed during the change of rotational direction.

4.4.4 Change of Configuration during a free skating move

An action where the skaters must change their arrangement while executing a free skating move.

4.4.5 Difficulty of Holds

Refers to a change of hold that will increase or decrease the length of a line, spoke or the size of a

circle. Basket weave, catch, hand, elbow, shoulder and no-hold are some examples of different holds that may be used during Synchronised Skating routines.

4.4.6 Interacting Lines

An action where two lines change their position in relationship to each other.

4.4.7 Interacting and Pivoting Line

Both lines must pivot at least 180°. The pivoting must occur at the same time as the lines are interacting. Both lines must pass each other and maintain an approximate 90 degree angle when compared to each other, as they pivot and interact. All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting. Small variances/differences in linking steps are only permitted in order to change rotational direction (clockwise or anti-clockwise) when executing turns/linking steps in a mirror pattern.

4.4.8 Pivoting

A continuous action where an element such as a line or block turns/rotates around a point for at least 180 degrees. The pivot point may change from one end of a line to the other end. In this case as the pivot point changes ends, it is permitted to progress through the line. All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting.

4.4.9 Travel

An action where a rotating element such as a circle or wheel is caused to move in a given direction or path for a required distance. The rotation and travel must occur at the same time. The path may be curved or straight. All skaters must execute the same linking steps/turns, in the same skating direction, at the same time during travelling.

5 Sections

The sections in the Synchronised Skating discipline are:

- 5.1 Senior;
- 5.2 Junior; and
- 5.3 Novice

6 Age Entry Requirements

The age requirements for the sections in Synchronised Skating are as follows:

- 6.1 Senior: All members of the team must have reached the age of 14 before the 1st of July preceding the competition.
- 6.2 Junior: All members of the team must have reached the age of 12 but not the age of 19 before the 1st of July preceding the competition.
- 6.3 Novice: All members of the team must have reached the age of 10 but not the age of 15 before the 1st of July preceding the competition.

7 Test Entry Requirements

To be eligible to compete in the Synchronised Skating:

- 7.1 Senior section:
 - 7.1.1 for the National Championships, all the team members must have passed the Synchronised Skating Gold Star Test; and
 - 7.1.2 for an Interprovincial Championship, fifty percent (50%) of the team members must have passed the Skating Skills Level 5 Test.
- 7.2 Junior section:
 - 7.2.1 for the National Championships, all the team members must have passed the Synchronised Skating Silver Star Test; and
 - 7.2.2 for an Interprovincial Championship, fifty percent (50%) of the team members must have passed the Skating Skills Level 4 Test.
- 7.3 Novice section:
 - 7.3.1 for the National Championships, all the team members must have passed the Synchronised Skating Bronze Star Test; and
 - 7.3.2 for an Interprovincial Championship, fifty percent (50%) of the team members must have passed the Skating Skills Level 2 Test.

8. Duration of Skating

- 8.1 The skating time of the program must be reckoned from the moment the team begins a skating movement (glide) or skating until arriving at a complete stop at the end of the program.

- 8.2 The skating time of the program must not exceed the time limit (mm:ss) for the different programs and sections set forth below:

SECTION	Short Prgm	Free Skating Prgm
Senior	02:50	04:30
Junior	02:50	04:00
Novice	---	03:30

- 8.3 In the Short Program, the skating times indicated are the maximum times but the skating time may be less than the maximum times indicated provided that all the Required Elements in the Short Program are included. If a Team fails to finish the Short Program within the maximum time limit, the timekeeper(s) shall advise the Referee who shall indicate same by the blowing of a whistle. The timekeeper(s) shall inform the Referee who shall, in turn, inform the Judges of the number of seconds in excess.
- 8.4 In the Free Skating Program, the skating time must be completed within ten (10) seconds (either more or less) of the indicated skating time. The timekeeper(s) shall advise the Referee of the expiration of the required time plus ten (10) seconds and the Referee shall indicate same by the blowing of a whistle. If the program is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeeper(s) shall inform the Referee of the number of seconds lacking or in excess. If the duration of the program is thirty (30) seconds or more under the required time limit no marks will be awarded.
- 8.5 If a Team fails to finish within the allowed range of time (in the Free Skating Program) or exceeds the maximum skating time in the Short Program, there must be a 1.0 point deduction for every five (5) seconds lacking or in excess.
- 8.6 In both the Short and Free Skating Programs, no element commenced after the maximum time limit (in the Free Skating Program, the time plus ten (10) seconds) shall be considered in the marking and shall be considered as omitted.

10 **General Definitions and Requirements for the Short and Free Skating Programs**

- 10.1 A team must commence to skate or glide within ten (10) seconds from the start of the music.

- 10.2 Vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.
- 10.3 The choreography and elements should be executed facing towards all sides of the ice rink and not excessively facing one side only. A deduction of -2.0 points will apply if this requirement is violated.

11 Short Program – General Regulations and Requirements

- 11.1 The Short Program is defined as the skating of **six (6)** Required Elements for the Senior and Junior Short Programs with linking steps and turns in harmony with music of the teams' choice. The sequence of the Required Elements is optional. The Required Elements for Senior and Junior sections shall be those specified by (a) the most recent ISU regulation(s) or communication(s); or (b) in Section F of these regulations, with the former always taking priority.
- 11.2 The NTC shall announce which group of Required Elements and the commencement and end dates for the skating season if the announced group of Required Elements and/or skating season does not correspond to the ISU group of elements and/or skating season.
- 11.3 The Short Program shall be skated in all Senior and Junior International competitions and in the Senior and Junior sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level.
- 11.4 Unprescribed or additional elements or repetitions, even of elements that have failed, are forbidden and will not be counted or marked and a deduction will be made if any are included in the program.
- 11.5 The required Step Sequences must include and meet the requirements for linking steps and turns as specified in rule F.4.3.1.
- 11.6 Free skating movements (such as lunges, spirals, Ina Bauers, spread eagles, hydroblading, shoot the duck) are not considered as linking steps in the short program but may be used as identifiable / recognisable connecting movements during transitions and as short free skating moves (less than three (3) seconds) during the step sequence.

- 11.7 Transitions necessary to link the required elements are permitted provided they cover less than half ($\frac{1}{2}$) the ice surface.
- 11.8 The team must make use of a variety of holds. A minimum of three (3) different and clearly recognisable holds is required in both the Junior and Senior Short Programs. The holds may be performed in the elements or in transitions.
- 11.9 Some Features and Additional Features will be prescribed for each required element in the Short Program. Features and Additional Features other than those prescribed and recommended for each required element in the Short Program will not be taken into consideration.
- 11.10 Creative innovations and variations are not Additional Features and they are not permitted in the Short Program.

12 Free Skating Program – General regulations and Requirements

- 12.1 The Free Skating Program consists of a well-balanced program composed of elements and other linking movements reflecting the character of the music and/or expressing a concept, story, theme or idea of the team's own choice. A good program contains elements such as circles, lines, blocks, intersections, wheels, movements in isolation, spins, moves in the field and pair elements linked together harmoniously by a variety of transitions, executed with a minimum of two-footed skating.
- 12.2 A well-balanced Senior, Junior and Novice Free Skating Program must conform to (a) the most recent ISU regulation(s) or communication(s); or (b) Section F of these regulations, with the former always taking priority.
- 12.3 The Free Skating Program shall be skated in all Senior and Junior International competitions and in the Senior, Junior and Novice sections at the National-, Interprovincial- and Provincial Championships.
- 12.4 Other elements may be incorporated into the Free Skating Program and will be judged as transitions and/or choreography components.
- 12.5 Step sequences of an intricate variety may be used in the elements and during the transitions. Such Step Sequences must be clearly recognisable, must not incorporate more than one (1) crossover in a row and meet the requirements for steps and turns as specified in rule F.4.3.1.

- 12.5.1 Turns and linking steps can be used during the whole element. However, only the first step sequence that fulfils the requirements for a step sequence will determine the level of difficulty;
- 12.5.2 During the Step Sequences all skaters in the team must execute the same linking steps/turns/edges in the same skating direction at the same time;
- 12.5.3 Adding Additional Features to a Step Sequence will move a Step Sequence to a higher group of difficulty.
- 12.6 The team must predominantly act as one (1) unit. Dividing the team into several units is permitted during the required Movements in Isolation element. In addition, several units are permitted when used as short transitions if the element following the transition so requires (for instance in preparation for an intersection or the beginning of a Movement in Isolation). Excessive division into small groups not according to the above is not according to the requirements and a deduction of -2.0 points will apply and be deducted accordingly by the Referee. A deduction of -2.0 points will also apply if more than half of the program consists of sub-grouping.
- 12.7 Syncopated choreography (defined as the performance of the same movements but with a time delay using for instance different music phrases) is permitted.
- 12.8 The team must make use of a variety of holds. Three (3) and four (4) different and clearly recognisable holds are required in the Novice and Junior, and Senior Free Skating Programs, respectively. The holds may be used in either the elements or transitions.
- 12.9 A maximum of three (3) lifts may be included in only the Senior free skating program. One (1) of the three (3) lifts may be a Pair lift and the other two (2) lifts may be Group lifts. Alternatively, all three (3) lifts may be group lifts.
- 12.10 Features and Additional Features are optional in a Free Skating well balanced program. In order to increase the difficulty of the required elements Features and Additional features may be incorporated into the elements and will be called by the Technical Panel and evaluated by the Judges. [The Step Sequence feature is permitted in elements \(including the Block and Circle\) but the steps/turns used will not be counted towards the levels of the elements. Only the Step Sequence in the Step Sequence elements \(Block Step](#)

Sequence, Circle Step Sequence and No-Hold Step Sequence) will be counted towards the levels of those elements.

- 12.11 Mirror Image Pattern (in the Free Skating Program only) is displayed when the team uses a combination of both clockwise and anti-clockwise directions. The mirror image pattern may be included in the Block, Circle, Line, Movements in Isolation, Pair and Wheel elements. It may also be included in the Moves in the Field element but for only one (1) Free Skating Move. It may also be included in the Step Sequence elements, with the exception of the Circle Step Sequence element, whilst performing the Step Sequence however the turns executed during the mirror image pattern will not be counted as part of the level of the Block and No-Hold Step Sequence. A mirror image pattern does not interrupt the Step Sequence.
- 12.12 A maximum of two (2) vaults may be included in both the Senior and Junior Free Skating Program but no vaults are permitted in the Novice Free Skating Program.
- 12.13 Creative innovations and variations are not Additional Features. Creative innovations are permitted in the Free Skating Program and will be reflected in the Program Components.

13 Senior Synchronised Section Requirements

13.1 The Short Program – Senior Synchronised

The required elements shall be as follows:

13.1.1 Group A (1st July 2010 to 30th June 2011) and (1st July 2012 to 30th June 2013)

(a) Block

The Block element must include:

(i) Feature

(a) None.

(ii) Additional Features

(a) Pivoting is required and must be executed in three (3) lines with the lines as equal as possible.

(b) Other Additional Features are permitted and will be counted.

(b) Circle

The Circle element must include:

(i) Feature

- (a) None.
- (ii) Additional Features
 - (a) One (1) change of configuration is required.
 - (b) There may be only two (2) configurations that must be a Single-Circle and a Circle-in-a-Circle skating in opposite directions.
 - (c) Change of Rotational Direction is required and must be executed whilst the Circle-in-a-Circle skating in opposite directions configuration is performed.
 - (d) Travelling is required and that may only be performed once and whilst performing the Single-Circle configuration.
 - (e) No other Additional Features are permitted.
- (c) Intersection
 - Must be a Box-type intersection and must include:
 - (i) Feature
 - (a) The Point of Intersection is required.
 - (ii) Additional Features
 - (a) Back-to-Back preparation and approach is required.
 - (b) Additional Features are permitted and will be counted.
- (d) Moves in the Field
 - The Moves in the Field element must include:
 - (i) Feature
 - (a) A sequence of three (3) different Free Skating Moves is required.
 - (ii) Additional Features
 - (a) One (1) Free Skating Move must be a Spiral (any type of Spiral)
 - (b) Other Additional Features are permitted and will be counted.
- (e) No-Hold Step Sequence (NHSS)
 - The No-Hold Step Sequence element may be from any Difficulty Group and must include:
 - (i) Feature
 - (a) Step sequence is required as per rule F.4.3.1.
 - (ii) Additional Features
 - (a) Other Additional Features are permitted and will be counted.

(f) Block Step Sequence (BSS)

The BSS may not be performed during or as part of or attached to the Block element (refer to (a) above). Any configuration is permitted as long as there is a minimum of three (3) lines with a minimum of three (3) skaters in each line.

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) None.

13.1.2 Group B (1st July 2011 to 30th June 2012)

(a) Block

The Block element must include:

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) Pivoting is required and must be executed in four (4) lines with the lines as equal as possible.
 - (b) Other Additional Features are permitted and will be counted.

(b) Intersection

Must be a Triangle-type intersection and must include:

- (i) Feature
 - (a) The Point of Intersection is required.
- (ii) Additional Features
 - (a) Back-to-Back preparation and approach is required.
 - (b) Additional Features are permitted and will be counted.

(c) Wheel

The Wheel element must include

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) There may be only two (2) configurations that must be a Two-Spoke Wheel and a Three-Spoke Wheel.
 - (b) One (1) change of configuration is required.
 - (c) Travelling is required and that may only be performed once and whilst performing the Two-Spoke Wheel

- (d) Change of Rotational Direction is required and that may only be performed whilst performing the Three-Spoke Wheel.
- (d) Moves in the Field
The Moves in the Field element must include:
 - (i) Feature
 - (a) A sequence of three (3) different Free Skating Moves is required.
 - (ii) Additional Features
 - (a) One (1) Free Skating Move must be a Spiral (any type of Spiral)
 - (b) Other Additional Features are permitted and will be counted.
- (e) No-Hold Step Sequence (NHSS)
The No-Hold Step Sequence element may be from any Difficulty Group and must include:
 - (i) Feature
 - (a) Step sequence is required as per rule F.4.3.1.
 - (ii) Additional Features
 - (a) Other Additional Features are permitted and will be counted.
- (f) Circle Step Sequence (CSS)
The CSS may only be performed in a Single-Circle configuration. The CSS must not be performed as part of or attached to the Circle Element.
 - (i) Feature
 - (a) None.
 - (ii) Additional Features
 - (a) None.

13.2 Remarks: Senior Short Program Required Elements

The detailed criteria for the requirements of the Short Program Elements will be updated yearly by the ISU Synchronised Skating Technical Committee together with the Features and Additional Features and published by means of an ISU Communication.

13.2.1 Block (Group A and B)

- (a) The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- (b) A block configuration must have a minimum of three (3) (Group A) and four (4) (Group B) lines, respectively, with the lines as equal as possible and pivoting is required.

- (c) Other additional Features are permitted and will be counted..
- (d) Blocks must be closed.
- (e) Different heights and free leg extensions may be used.
- (f) Dance jumps and Free Skating Moves are allowed but not required.
- (g) Free Skating Moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- (h) Variety of different holds may be used but all skaters must use the same hold at the same time except during Free Skating Moves.
- (i) All skaters must be attached (for most of the time).
- (j) Linking steps and turns may be included.
- (k) In Group A and whilst pivoting, there must be three (3) lines. Thus, on a team of sixteen (16) skaters, each line must have five (5), five (5) and six (6) skaters, respectively.
- (l) In Group B and whilst pivoting, there must be four (4) lines. Thus, on a team of sixteen (16) skaters, each line must have four (4) skaters.
- (m) The block element ends when the block configuration is broken by the transition into a different element.
- (n) Ice Coverage / Pattern requirement
The block element must travel at least the full length of the ice surface or comparable distance to be counted. A mirror image pattern is not permitted. At least one of the following patterns must be used in order to fulfil the above requirement:
 - Straight Line Pattern
If the block element only has a straight line pattern then the back line of the block must start behind the red hockey goal line and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
 - Diagonal Pattern
If the block element only has a diagonal pattern then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.

At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

- Circular Pattern
If the block element only has a circular pattern then the block must complete a minimum of one (1) bold curve that creates 360° of a circle to be counted. The circular pattern must be as round as possible and the skaters must skate close to each of the side barriers.

- Serpentine Pattern
If the block element only has a serpentine pattern then the block must complete a minimum of two (2) bold curves that each creates 180° of a circle to be counted.

The bold curves in the Circular and Serpentine patterns must fill the width of the ice surface and cover at least two-thirds ($\frac{2}{3}$) of the length of the ice surface.

- Complex Pattern
The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one (1) length of the ice to be counted.

13.2.2 Circle (Group A)

- (a) The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the [configuration](#).
- (b) Dance jumps and Free Skating Moves are allowed but not required.
- (c) Variety of different holds may be used but all skaters must use the same hold at the same time except during the change of rotational direction and Free Skating Moves.
- (d) [Only one \(1\) change of configuration is permitted.](#)
- (e) [The two different configurations may be skated in any order.](#)
- (f) [Two \(2\) circles at any one time are permitted but the configuration must be a Circle-in-a-Circle skating in opposite directions configuration.](#)
- (g) There must be a minimum of four (4) skaters in the centre circle.
- (h) [Only the first change of rotational direction will be counted when executed by the entire team at the same time and it must be executed in the Circle-in-a-Circle skating in opposite directions configuration.](#)

- (i) A change of rotational direction is permitted but by no more than half ($\frac{1}{2}$) of the team and only in order to change configuration if necessary.
- (j) Linking steps and turns may be included.
- (k) The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- (l) Ice Coverage:
 - All skaters in a circle must rotate a minimum of 360°.
 - The size any circle must be no larger than one-third ($\frac{1}{3}$) of the length of the ice surface.

13.2.3 Intersection (Group A and B)

- (a) The intersection element begins once the skaters begin to approach each other and all skaters must participate in the intersection.
- (b) All skaters must execute the same turns / linking steps / moves at the same time at the point of intersection.
- (c) Non-prescribed or additional intersections are not permitted
- (d) Collapsing intersections are intersections where skaters will pass each other at different times. All skaters must intersect. Examples of a collapsing type of intersection are Box and Triangle.
- (e) When using multiple lines the number of skaters in each of the lines must be as equal as possible. Thus:
 - (1) Group A - Box Intersection has four (4) lines and on a team of sixteen (16) each line has four (4) skaters.
 - (2) Group B - Triangle Intersection has three (3) lines and on a team of sixteen (16) skaters each line has five (5), five (5) and six (6) skaters, respectively.
- (f) Jumps (except for dance jumps) and back spirals during intersection are illegal elements.
- (g) The intersection element ends upon the start of the transition into a different element.
- (h) Phases of an Intersection Element:
Intersections have been described using four (4) phases. Each of the four (4) phases must be included and executed properly:
 - (1) Phase 1 – Preparation;
 - The preparation phase is defined as establishing the shape of the intersection.
 - The shape of the intersection must be maintained before the point of intersection.

- There is no required length of time that each shape must be held.
- (2) Phase 2 – Approach;
 - The approach to the intersection is defined as the moment that the team starts moving towards the point of intersection.
- (3) Phase 3 – Point of Intersection
 - Refer to the definition in rule F.4.3.4.
- (4) Phase 4 – Exit of Intersection.
 - The exit phase of the intersection is defined as the moment following the point of intersection.
 - The shape of the intersection must be maintained after the point of intersection.
 - There is no required length of time that each shape must be held.
- (i) Ice Coverage / Pattern Requirement:
 - All skaters during a collapsing intersection must remain within half ($\frac{1}{2}$) of the length of the ice surface during the preparation and approach phase of the Intersection.

13.2.4 Wheel (Group B)

- (a) The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
- (b) Only one (1) change of configuration is permitted with only two (2) shapes.
- (c) The two configurations may be skated in any order.
- (d) There must be only one (1) wheel at a time.
- (e) The spokes must be as equal as possible.
- (f) The skaters who are closest to the pivot point may or may not be joined and will be permitted to use a different hold at the pivot point than the hold that the skaters within the spokes use.
- (g) The skaters within the spokes may or may not be joined as long as they are all using the same hold.
- (h) During travelling, all skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time.
- (i) The wheel must continue to rotate as it travels.
- (j) All skaters must execute the change of rotational direction at the same time.
- (k) Dance jumps and free skating moves are allowed but not required.
- (l) Variety of different holds may be used.

- (m) The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- (n) Ice Coverage / Pattern Requirements:
 - To fulfil the requirements for the wheel element, a wheel must rotate at least 360°.
 - The skaters at the one end of each spoke, closest to the pivot point, must remain close to each other to a maximum distance of 1/6 of the length of the ice surface (approximately 10 metres), even during a change of rotational direction.

13.2.5 Moves in the Field (Group A and B)

- (a) This element is a sequence of three (3) different Free Skating Moves that can be connected with linking steps/turns.
- (b) A Free Skating Move on an inside edge is considered as a different Free Skating Move than the same Free Skating Move on an outside edge.
- (c) Forward and backward Free Skating Moves are considered as different.
- (d) A Spiral with one (1) change of edge is considered different than a Spiral with two (2) changes of edges.
- (e) One (1) of the Free Skating Moves must be a Spiral and may be skated in any order.
- (f) All skaters must execute the same Free Skating Move, in the same position, on the same edge at the same time including Free Skating Moves with a change of edge.
- (g) The element begins with the first Free Skating Move.
- (h) Any formation(s) is permitted.
- (i) The team must act as a unit throughout the whole element.
- (j) Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- (k) Other Additional Features are permitted and will be counted.
- (l) Variety of different holds may be used.
- (m) The element ends with the completion of the final Free Skating Move of the sequence.
- (n) Ice Coverage / Pattern Requirements:
 - Any pattern is permitted.
 - The element may begin and end anywhere on the ice surface.
 - The size of the formation must not exceed half (½) of the ice surface as the team prepares

and executes a Free Skating Move. There is no restriction as to the amount of ice the skaters cover while executing the Free Skating Move.

- Transition linking the Free Skating Moves are permitted provided that the entire team does not cover more than half ($\frac{1}{2}$) of the length of the ice surface.
- Mirror Image pattern is not permitted.

13.2.6 No-Hold Step Sequence (NHSS) (Group A and B)

- (a) The NHSS element must be executed in a closed block.
- (b) The closed block must consist of four (4) skaters in four (4) lines.
- (c) The NHSS must start and end in a no-hold.
- (d) For the requirements of the Step Sequence, refer to rule F.4.3.1.
- (e) During the Step Sequence, all skaters must execute the same linking steps/turns/edges, in the same skating direction at the same time, except during the Free Skating Moves.
- (f) Ice Coverage / Pattern Requirements:
 - The NHSS element must begin at one end of the ice surface at any place along the short barrier and ends at any place along the end at the opposite short barrier keeping the approximate shape of the straight line or diagonal pattern end across from the starting point.
 - The Step Sequence Feature must cover two-thirds ($\frac{2}{3}$) of the length of the ice surface or a comparable distance.
 - The pattern must only be a straight or diagonal axis.
 - Mirror image pattern is not permitted.
 - The axis must not change once it has been established at the start of the NHSS.
 - Curves and deep edges executed during the Step Sequence are not considered a change of axis as long as the team begins and ends the NHSS element correctly
 - Straight Block Pattern: The back line of the block must start behind the red hockey goal line and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
 - Diagonal Block Pattern: The block must begin at one corner of the ice surface and end at the opposite end across from the starting point

showing the same angle. At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

13.2.7 Block Step Sequence (BSS) (Group A)

- (a) The BSS must not be skated as part of or attached to the Block element.
- (b) The block configuration must be a closed block.
- (c) The block must consist of at least three (3) lines with a minimum of three (3) skaters in each line.
- (d) Any configuration is permitted as long as it meets the above criteria.
- (e) Changes of configuration are permitted.
- (f) Pivoting is permitted.
- (g) The BSS element begins when all skaters are in a block configuration and are on the entry edge of the first turn.
- (h) All skaters must be using the same hold at the same time while executing the BSS element.
- (i) All skaters must be attached or able to re-grasp following each turn (for most of the time).
- (j) For requirements of the Step Sequence refer to rule F.4.3.1.
- (k) The Block Step Sequence element ends when the block configuration is broken by the transition into a different element or if two (2) crossovers in a row are executed.
- (l) Ice Coverage / Pattern Requirements:
 - The BSS element must cover at least two-thirds ($\frac{2}{3}$) of the length of the ice surface or a comparable distance during the step sequence.
 - The Block Step Sequence must not resemble the NHSS element.
 - Mirror image pattern is not permitted.

13.2.8 Circle Step Sequence (CSS) (Group B)

- (a) The CSS must not be skated as part of or attached to the Circle element.
- (b) Only one configuration is permitted which must be the Single-Circle configuration.
- (c) The CSS element begins when all skaters are in the circle configuration and are on the entry edge of the first turn.
- (d) The CSS must rotate either in a clockwise or anti-clockwise direction.
- (e) Change of rotational directions are not permitted.

- (f) Once the CSS has ended with two (2) crossovers in a row the rotational direction may change for a transition into the next element.
- (e) Changes of configuration are not permitted.
- (g) All skaters must be using the same hold at the same time while executing the CSS element.
- (h) All skaters may or may not be attached.
- (i) For requirements of the Step Sequence refer to rule F.4.3.1.
- (j) The CSS element ends when the circle configuration is broken by the transition into a different element or if two (2) crossovers in a row are executed.
- (k) Ice Coverage / Pattern Requirements:
 - The CSS element must cover at least 240° of the circle during the step sequence.
 - Mirror image pattern is not permitted.
 - The size of the circle must be no larger than one-third ($\frac{1}{3}$) of the length of the ice surface.

13.3 The Free Skating Program – Senior Synchronised

13.3.1 A well-balanced program must contain the following **eleven (11)** elements:

- 13.3.1.1 One (1) Block;
- 13.3.1.2 One (1) Circle;
- 13.3.1.3 Two (2) different Intersections;
- 13.3.1.4 One (1) Line;
- 13.3.1.5 One (1) Wheel;
- 13.3.1.6 One (1) Moves in the Field (MF);
- 13.3.1.7 One (1) No-Hold **Step Sequence (NHSS)**;
- 13.3.1.8 One (1) element selected from a Movement in Isolation, Pair or Spin Element;
- 13.3.1.9 One (1) **Block Step Sequence (BSS)**; and
- 13.3.1.10 One (1) **Circle Step Sequence (CSS)**.

13.3.2 Refer to rule F.16 for further details and requirements for the listed elements in the free skating program.

14 Junior Synchronised Section Requirements

14.1 The Short Program – Junior Synchronised

The required elements shall be as follows:

14.1.1 Group A (1st July 2010 to 30th June 2011) and
(1st July 2012 to 30th June 2013)

(a) Block

The Block element must include:

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) Pivoting is required and must be executed in three (3) lines with the lines as equal as possible.
 - (b) Other Additional Features are permitted and will be counted.

(b) Circle

The Circle element must include:

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) Only one (1) configuration is permitted.
 - (b) The configuration permitted is the Single-Circle configuration only.
 - (c) A change of rotational direction is permitted but not required and will be counted if executed correctly.
 - (e) Travelling is required.
 - (f) No other Additional Features are permitted.

(c) Intersection

Must be a Box-type intersection and must include:

- (i) Feature
 - (a) The Point of Intersection is required.
- (ii) Additional Features
 - (a) Back-to-Back preparation and approach is required.
 - (b) Additional Features are permitted and will be counted.

(d) Spiral Element

The Spiral element must include:

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) None.

(e) No-Hold Step Sequence (NHSS)

The NHSS element may be from any Difficulty Group and must include:

- (i) Feature

- (a) Step sequence is required as per rule F.4.3.1.
- (ii) Additional Features
 - (a) Other Additional Features are permitted and will be counted.
- (f) Block Step Sequence (BSS)

The BSS may not be performed during, part of or attached to the Block element (refer to (a) above). Any configuration is permitted as long as there is a minimum of three (3) lines with a minimum of three (3) skaters in each line.

 - (i) Feature
 - (a) None.
 - (ii) Additional Features
 - (a) None.

14.1.2 Group B (1st July 2011 to 30th June 2012)

- (a) Block

The Block element must include:

 - (i) Feature
 - (a) None.
 - (ii) Additional Features
 - (a) Pivoting is required and must be executed in four (4) lines with the lines as equal as possible.
 - (b) Other Additional Features are permitted and will be counted.
- (b) Intersection

Must be a Triangle-type intersection and must include:

 - (i) Feature
 - (a) The Point of Intersection is required.
 - (ii) Additional Features
 - (a) Back-to-Back preparation and approach is required.
 - (b) Additional Features are permitted and will be counted.
- (c) Wheel

The Wheel element must include

 - (i) Feature
 - (a) None.
 - (ii) Additional Features
 - (a) There may be only one (1) configuration that must be a Four-Spoke Wheel.
 - (b) Change of configuration is not permitted.
 - (c) Travelling is required.

(d) Change of Rotational Direction is required.

(d) Spiral Element

The Spiral element must include:

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) None.

(e) No-Hold Step Sequence (NHSS)

The NHSS element may be from any Difficulty Group and must include:

- (i) Feature
 - (a) Step sequence is required as per rule F.4.3.1.
- (ii) Additional Features
 - (a) Other Additional Features are permitted and will be counted.

(f) Circle Step Sequence (CSS)

The CSS may only be performed in a Single-Circle configuration and must not be performed during, part of or attached to the Circle Element.

- (i) Feature
 - (a) None.
- (ii) Additional Features
 - (a) None.

14.2 Remarks: Junior Short Program Required Elements

The detailed criteria for the requirements of the Short Program Elements will be updated yearly by the ISU Synchronised Skating Technical Committee together with the Features and Additional Features and published by means of an ISU Communication.

14.2.1 Block (Group A and B)

Refer to rule F.7.5.1 for the detailed criteria for the Block Element.

14.2.2 Circle (Group A)

- (a) The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the configuration.
- (b) Non-unprescribed or additional circles are not permitted.
- (c) Dance jumps and Free Skating Moves are allowed but not required.
- (d) Variety of different holds may be used but all skaters must use the same hold at the same time

except during the change of rotational direction and Free Skating Moves.

- (e) During travelling, all skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time.
- (f) [Linking steps/turns may be included but will not be counted for a Step Sequence.](#)
- (g) The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- (h) Ice Coverage / [Pattern Requirements](#):
 - All skaters in a circle must rotate a minimum of 360°.
 - The size [any](#) circle must be no larger than one-third ($\frac{1}{3}$) of the length of the ice surface.

14.2.3 Intersection ([Group A and B](#))

[Refer to rule F.7.5.3 for the detailed criteria for the Intersection Element.](#)

14.2.4 Wheel ([Group B](#))

- (a) The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
- (b) [Only a Four-Spoke Wheel configuration is permitted.](#)
- (c) There may be only one (1) wheel at a time.
- (d) The spokes must be as equal as possible.
- (e) The skaters who are closest to the pivot point may or may not be joined and will be permitted to use a different hold at the pivot point than the hold that the skaters within the spokes use.
- (f) The skaters within the spokes may or may not be joined as long as they are all using the same hold.
- (g) During travelling, all skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time.
- (h) All skaters must execute the change of rotational direction at the same time.
- (i) Dance jumps and Free Skating Moves are allowed but not required.
- (j) Variety of different holds may be used.
- (k) The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- (l) Ice Coverage / [Pattern Requirements](#):
 - To fulfil the requirements for the wheel element, a wheel must rotate at least 360°.

- The skaters at the one end of each spoke, closest to the pivot point, must remain close to each other to a maximum distance of 1/6 of the length of the ice surface (approximately 10 metres), even during a change of rotational direction.

14.2.5 Spiral (Group A and B)

- (a) The element consists of a spiral.
- (b) All skaters must execute the same spiral, in the same skating direction, foot and edge at the same time (forwards or backwards, inside or outside edge) (including spirals with changes of edge).
- (c) The spiral position must be held for a minimum of three (3) seconds.
- (d) Any formation(s) is permitted.
- (e) The free leg must be fully extended and unassisted, held at least at hip level (including the knee and free foot).
- (f) The team must act as a unit throughout the whole element.
- (g) Skaters may pass by each other in order to change position but this pass may not resemble any intersection.
- (h) A variety of different holds may be used but the same hold at the same time by all skaters is required.
- (i) Any Additional Features are permitted and will be counted.
- (j) The element ends with the completion of the spiral.
- (k) Ice coverage / Pattern Requirements:
 - Any curved pattern may be skated.
 - Mirror Image Pattern is not permitted.
 - The element may begin and end anywhere on the ice surface.
 - The size of the formation must not exceed half ($\frac{1}{2}$) of the ice surface as the team prepares and executes the Spiral.
 - There is no restriction as to the amount of ice the skaters cover while executing the spiral.

14.2.6 No-Hold Step Sequence (NHSS) (Group A and B)

Refer to rule F.7.5.6 for the detailed criteria for the No-Hold Step Sequence Element.

14.2.7 Block Step Sequence (Group A)

Refer to rule F.7.5.7 for the detailed criteria for the Block Step Sequence Element.

14.2.8 Circle Step Sequence (Group B)

Refer to rule F.7.5.8 for the detailed criteria for the Circle Step Sequence Element.

14.3 The Free Skating Program – Junior Synchronised

14.3.1 A well-balanced program must contain the following **ten (10)** elements:

- 14.3.1.1 One (1) Block;
- 14.3.1.2 One (1) Line;
- 14.3.1.3 One (1) Circle;
- 14.3.1.4 One (1) Wheel;
- 14.3.1.5 **One (1) Intersection;**
- 14.3.1.6 One (1) No-Hold **Step Sequence (NHSS);**
- 14.3.1.7 One (1) Movement in Isolation (MI);
- 14.3.1.8 One (1) element selected from a Spin or Moves in the Field element;
- 14.3.1.9 **One (1) Block Step Sequence; and**
- 14.3.1.10 **One (1) Circle Step Sequence.**

14.3.2 Refer to rule F.16 for further details and requirements for the listed elements in the free skating program.

15 Novice Synchronised Section Requirements

15.1 The Novice synchronised skating teams are not required to perform a Short Program.

15.2 The Free Skating Program – Novice

15.2.1 A well-balanced program must contain the following **seven (7)** elements:

- 15.2.1.1 One (1) Block;
- 15.2.1.2 One (1) Circle;
- 15.2.1.3 One (1) Intersection;
- 15.2.1.4 One (1) Line;
- 15.2.1.5 One (1) Movement in Isolation.
- 15.2.1.6 One (1) Wheel; **and**
- 15.2.1.7 **One (1) Step Sequence either in a Block or Circle formation.**

15.2.2 The elements listed in 15.2.1 can be attempted up to the highest Difficulty Group (except Movements in Isolation Level 4) possible however one Difficulty Group lower will be awarded by the Technical Panel for the element concerned.

The highest Difficulty Group of a Feature may be attempted and will be called as executed. Variations without DED(s) (except for the excessive use of ice) will take priority towards achieving the highest level before variations with DED(s). A Team may not exceed the maximum size (ice requirement) for each element (including any variations attempted).

15.2.3 Other elements may be included in the Free Skating program and will be judged as transitions and/or choreography components. When Teams submit the program content sheet, the extra elements included in the program should be indicated as transition elements.

15.2.4 Refer to rule F.16 for further details and requirements for the listed elements in the free skating program.

16 **Remarks: Well balanced Free Skating Program: Senior, Junior and Novice**

The detailed criteria for the requirements of the Free Skating Program Elements will be updated yearly by the ISU Synchronised Skating Technical Committee together with the Features and Additional Features and published by means of an ISU Communication.

16.1 Block

- (a) The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- (b) A block configuration must have a minimum of 3 lines.
- (c) Linking steps/turns may be included.
- (d) Different heights and free leg extensions may be used.
- (e) Dance jumps and Free Skating Moves are allowed but not required.
- (f) Free Skating Moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- (g) Mirror image pattern is permitted during the block element (refer to Additional Features for requirements).
- (h) Variety of different holds may be used.
- (i) All skaters must be attached (for most of the time).
- (j) The block element ends when the block configuration is broken by the transition into a different element.
- (k) Ice Coverage / Pattern requirement
The block element must travel at least the full length of the ice surface or comparable distance to be counted.

At least one of the following patterns must be used in order to fulfil the above requirement:

- (i) **Straight Line Pattern**
If the block element only has a straight line pattern then the back line of the block must start behind the red hockey goal line and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
- (ii) **Diagonal Pattern**
If the block element only has a diagonal pattern then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle. At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.
- (iii) **Circular Pattern**
If the block element only has a circular pattern then the block must complete a minimum of one (1) bold curve that creates 360° of a circle to be counted. The circular pattern must be as round as possible and the skaters must skate close to each of the side barriers.
- (iv) **Serpentine Pattern**
If the block element only has a serpentine pattern then the block must complete a minimum of two (2) bold curves that each creates 180° of a circle to be counted.
The bold curves must fill the width of the ice surface and cover at least two-thirds ($\frac{2}{3}$) of the length of the ice surface.
- (v) **Complex Pattern**
The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

16.2 Circle

- (a) The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the [configuration](#).
- (b) Any configuration may be used.
- (c) [There may be a maximum of three \(3\) circles.](#)
- (d) There must be a minimum of four (4) skaters in a circle.
- (e) [Linking steps/turns may be included.](#)
- (f) Dance jumps and free skating moves are permitted but not required.
- (g) Variety of different holds may be used.

- (h) The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- (i) Ice Coverage / Pattern Requirements:
 - To fulfil the requirement for a circle element, a circle must rotate a minimum of 360°.
 - The size of the circle must be no larger than one-third ($\frac{1}{3}$) of the length of the ice surface.
 - If using multiple circles, then all circles must be within half ($\frac{1}{2}$) of the length of the ice surface.

16.3 Intersection

- (a) The intersection element begins once the skaters begin to approach each other and all skaters must participate in the intersection.
- (b) The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection.
- (c) In the Senior Free Skating program, Intersections #1 and #2 must be different.
- (d) Intersection #1 and Intersection #2 may occur separately or as a sequence of two elements.
- (e) The point of intersection is permitted in both intersections.
- (f) Collapsing intersections are intersections where skaters will pass each other at different times. All skaters must intersect. Examples of a collapsing type of intersection are Box and Triangle. When using multiple lines the number of skaters in each of the lines must be as equal as possible. Thus:
 - (i) Whip Intersection has two (2) lines and on a team of sixteen (16) each line has eight (8) skaters.
 - (ii) Triangle Intersection has three (3) lines and on a team of sixteen (16) each line has five (5), five (5) and six (6) skaters, respectively.
- (g) A combined intersection is an intersection that combines rotating Element(s) such as a circle(s) and/or wheel(s) either with line(s) or rotating Element(s) such as a circle(s) and/or wheel(s). There must be at least four (4) skaters in circle, three (3) skaters in a spoke of a wheel and five (5) skaters in a line.
- (h) All skaters may execute the same turns/linking steps at the point of intersection or if one half of the team executes the same turns/linking steps at the point of intersection then the other half of the team may execute a different turn/linking steps.
- (i) Jumps (except for dance jumps) and back spirals during intersection are illegal.

- (j) The intersection element ends upon the start of the transition into a different element.
- (k) Phases of an Intersection Element:

Intersections have been described using four (4) phases. Each of the four (4) phases must be included and executed properly:

 - (1) Phase 1 – Preparation;
 - The preparation phase is defined as establishing the shape of the intersection.
 - The shape of the intersection must be maintained before the point of intersection.
 - There is no required length of time that each shape must be held.
 - (2) Phase 2 – Approach;
 - The approach to the intersection is defined as the moment that the team starts moving towards the point of intersection.
 - (3) Phase 3 – Point of Intersection
 - [Refer to rule F.4.3.4 for further details.](#)
 - (4) Phase 4 – Exit of Intersection.
 - The exit phase of the intersection is defined as the moment following the point of intersection.
 - The shape of the intersection must be maintained after the point of intersection.
- (l) Ice Coverage / Pattern Requirement:
 - [Angled intersection:](#) The maximum distance between the end of one (1) line when compared to the end of the other line shall be no more than half ($\frac{1}{2}$) of the length of the ice surface during the preparation and approach phase. The distance is measured from the two (2) skaters (one (1) from each line) who are closest to each other.
 - [Collapsing intersection:](#) All skaters must remain within half ($\frac{1}{2}$) of the length of the ice surface during the preparation and approach phase.
 - [Combined intersection:](#) All skaters must remain within half ($\frac{1}{2}$) of the length of the ice surface during the preparation and approach phase.

16.4 Line

- (a) The line element begins once the shape is recognized and all skaters are participating [in the configuration](#).
- (b) Line(s) may move horizontally, diagonally and/or vertically.
- (c) Some minor deviation in the straight line(s) is permitted when changing from horizontal, vertical or reverse.
- (d) There may be one (1) or two (2) lines.
- (e) If there are two (2) lines, these two lines may be joined or separate and may pass by each other.

- (f) The number of skaters in each line must be as equal as possible.
- (g) Dance jumps and free skating moves are allowed but not required.
- (h) Variety of different holds may be used.
- (i) **The line element ends upon the start of a transition into a different element**
- (j) Ice Coverage / Pattern Requirements:
 - The line element must cover at least the full length of the ice surface or comparable distance to be counted, except when lines are interacting and pivoting at the same time.
 - **The line may begin anywhere on the ice surface.**
 - The two (2) lines must be in close **three (3) metre** proximity to each other.
 - Retrogression is permitted.

16.5 Moves in the Field

- (a) This element is a sequence of **three (3)** different Free Skating Moves that must not be repeated and which may be connected with linking steps/turns.
- (b) A free skating move on an inside edge is considered as a different free skating move than the same free skating move on an outside edge.
- (c) Forward and backward free skating moves are considered as different.
- (d) **A spiral with one (1) change of edge is considered different than a spiral with two (2) changes of edges.**
- (e) The element begins with the first Free Skating Move.
- (f) Any formation(s) is permitted.
- (g) The team must act as a unit throughout the whole element.
- (h) Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- (i) All skaters must execute a Free Skating Move at the same time.
- (j) One half of the team may perform one type of a Free Skating Move and the other half of the team may perform another type of a Free Skating Move. Should this be the case, the lowest level Free Skating Move will be counted and neither of the Free Skating Moves may be repeated.
- (k) Variety of different holds may be used.
- (l) **Only one (1) Free Skating Move is permitted to be executed in a mirror image pattern.**
- (m) The element ends with the completion of the final Free Skating Move.
- (n) Ice Coverage / Pattern Requirements:
 - Any pattern is permitted.

- The element may begin and end anywhere on the ice surface. The team must stay within a maximum of half ($\frac{1}{2}$) the length of the ice surface from each other as they prepare and execute a Free Skating Move. There is no restriction as to the amount of ice the skaters cover while executing the Free Skating Move.
- Transitions linking the Free Skating Moves are permitted provided that the entire team does not cover more than half ($\frac{1}{2}$) of the length of the ice surface.
- Mirror Image pattern is permitted.

16.6 Movements in Isolation

- (a) The Movement in Isolation element begins with the transition from the previous element and ends with a transition into a different element;
- (b) The Movement in Isolation element is a presentation of a free skating element or free skating move.
- (c) The free skating element(s)/move(s) to be counted for evaluation **must** be entered on the Program Content Sheet.
- (d) Only one (1) free skating element/move will be evaluated at one time;
- (e) The same free skating element(s)/move(s) must be completed by:
 - at least three (3) skaters to a maximum of no more than half ($\frac{1}{2}$) of the team (eight (8) skaters with a team consisting of sixteen (16) Skaters);
 - at least two (2) to a maximum of four (4) pairs; or
 - at least one (1) to a maximum of four (4) Group Lifts (in the Senior Free Skating Program only).
- (f) Movement in Isolation in Senior Free Skating program includes:
 - One (1) Free Skating Element (for points).
 - When two (2) free skating element(s) are executed at the same time, the lowest level free skating element will be counted if not specified on the Program Content Sheet.
 - The remaining team members must also participate in the Movement in Isolation element by presenting/supporting the free skating element. These skaters must skate/glide/execute other different skating movements or attempt different fe/fm. These different skating movements and fe/fm's will be considered when determining the level of difficulty for the MI element.
 - The remaining team members not executing the fe for points may not stand/stop or become

stationary or become a distraction during the element.

- (g) Movements in Isolation in the Junior and Novice Free Skating program includes:

- One (1) Free Skating Element or one (1) Free Skating Move.
- Other free skating elements and free skating moves may be used but will not be counted.
- When two (2) free skating element(s) and/or free skating move(s) are executed at the same time, the lowest level free skating element/move will be counted if not specified on the Program Content Sheet.
- The remaining team members must also participate in the Movements in Isolation element by presenting / supporting the free skating element or free skating move. These skaters must skate/glide/execute other different skating movements or attempt a different fe or fm. These different skating movements and fe/fm's will be considered when determining the level of difficulty for the MI element.
- The remaining team members not executing the fe/fm for points may not stand/stop or become stationary or become a distraction during the element.
- The difficulty of the element depends on the difficulty of the free skating element(s)/move(s) performed and the number of skaters executing the free skating element(s)/move(s).

- (h) Ice Coverage / Pattern Requirements:

- The whole team must stay within half ($\frac{1}{2}$) of the ice surface during a Movement in Isolation including the preparation and execution of the free skating element(s)/move(s).

16.7 No-Hold Step Sequence (NHSS)

- (a) The NHSS element must be executed in a closed block.
- (b) The closed block must consist of four (4) skaters in four (4) lines.
- (c) Creative innovations and variations are permitted in the Free Skating Program.
- (d) The NHSS must start and end in a no hold.
- (e) During the NHSS, all skaters must execute the same linking steps/turns/edges and skating direction at the same time, except during the Free Skating Moves.
- (f) Ice Coverage / Pattern Requirements:
 - The NHSS element must begin at one end of the ice surface at any place along the short barrier

and ends at any place along the opposite short barrier keeping the approximate shape of the straight line or diagonal pattern.

- Steps must cover two-thirds ($\frac{2}{3}$) of the length of the ice surface or a comparable distance.
- The pattern must only be a straight or diagonal axis.
- The axis must not change once it has been established at the start of the NHSS.
- Curves and deep edges executed during the Step Sequence are not considered a change of axis.
- Straight Block Pattern: The back line of the block must start behind the red hockey goal line and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
- Diagonal Block Pattern: The NHSS must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle. At least one (1) skater must start behind the red hockey goal line and at least one (1) skater must end behind the red hockey goal line at the opposite end of the ice surface.
- Mirror image pattern is permitted but the turns used during the mirror image will not be counted towards the level of the NHSS.

16.8 Pair Element

- (a) This element consists of eight (8) pairs with a team of sixteen (16) skaters.
- (b) In the case of injury, seven (7) pairs will be permitted.
- (b) The pair element begins once the eight (8) pairs are formed.
- (c) The pairs must act as a unit.
- (d) The pairs are permitted to intersect or pass each other.
- (e) If three (3) pairs fail to attempt the element then the Pair element will not be counted.
- (f) The Pair element ends once the eight (8) pairs break apart.
- (g) Ice Coverage / Pattern Requirements:
 - The eight (8) pairs must stay within half ($\frac{1}{2}$) of the ice surface as they execute their free skating element or free skating move.
 - Any formation is allowed.
 - Any pattern is allowed.

16.9 Spin

- (a) The spin element begins with the entry edge into the spin.

- (b) Any solo or pair spins can be used.
- (c) All skaters must perform the same spin at the same time.
- (d) Variations of the head, arms or free leg as well as fluctuations of speed are permitted as long as it is done at the same time by all skaters.
- (e) Each skater / pair must rotate at least three (3) revolutions (or meet the criteria established for the spin).
- (f) The rotation of the spin can be clockwise, anti-clockwise or a combination of both directions.
- (g) The movements of the skaters during all the phases of approaching, spinning and exiting from the spin should be completely synchronized.
- (h) Entry and exit from a spin must be done at the same time by all skaters and clearly recognizable.
- (i) Flying spins are illegal when executed by the entire team.
- (j) The Spin element ends when the skaters stop spinning and exit the spin (exit edge included).
- (k) Ice Coverage / Pattern Requirements:
 - All skaters must spin in a formation that is within half ($\frac{1}{2}$) of the ice surface.
 - Any formation is permitted.

16.10 Wheel

- (a) The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
- (b) There may be between one (1) and three (3) wheels executed at one time.
- (c) If there are two (2) or more wheels then there must be at least three (3) skaters in each spoke with a team of sixteen (16) skaters.
- (d) The skaters who are closest to the pivot point may or may not be joined.
- (e) A variety of different holds may be used.
- (f) The skaters within the spokes may or may not be joined.
- (g) Spokes may be straight or curved and be of different lengths.
- (h) A variation of a wheel configuration is defined as a deviation of a basic wheel shape where skaters are attached to the wheel or a spoke and rotating around a pivot point.
- (i) Basic wheel shapes are defined as follows:
 - One (1), two (2) (or "S" wheel), three (3), four (4) or five (5) spoke wheels;
 - Interlocking wheels; and
 - Two (2) line parallel wheel.

- In a basic wheel shape the skaters nearest the pivot point may or may not be joined at the centre of the wheel.
- (j) Dance jumps and Free Skating Moves are allowed but not required.
- (k) The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- (l) Ice Coverage / Pattern Requirements:
 - To fulfil the requirements for the wheel element, a wheel must rotate at least 360°.
 - The skaters at the one end of each spoke, closest to the pivot point, must remain close to each other to a maximum distance of 1/6 of the length of the ice surface (approximately ten (10) metres), even during a change of rotational direction.
 - It is not necessary to maintain the same wheel configuration after a change of rotational direction if changing the configuration at the same time. It is necessary to keep the same wheel configuration after a change of rotational direction if there is no change of configuration.

16.11 Block Step Sequence (BSS)

- (a) The BSS must not be skated as part of or attached to the Block element.
- (b) The block configuration must be a closed block.
- (c) The block must consist of at least three (3) lines with a minimum of three (3) skaters in each line.
- (d) Any configuration is permitted as long as the configurations meet the above criteria.
- (e) Changes of configuration are permitted.
- (f) The BSS element begins when all skaters are in the block configuration and are on the entry edge of the first turn.
- (g) Pivoting is permitted.
- (h) Mirror image pattern is permitted but the turns used during the mirror image will not be counted towards the level of the BSS.
- (i) All skaters must be using the same hold at the same time while executing the BSS element.
- (j) All skaters must be attached or able to re-grasp following each turn (for most of the time).
- (k) For requirements of the Step Sequence refer to rule F.4.3.1.
- (l) The BSS element ends when the block configuration is broken by the transition into a different element or if two (2) crossovers in a row are executed.
- (m) Ice Coverage / Pattern Requirements:

- The BSS element must cover at least two-thirds ($\frac{2}{3}$) of the length of the ice surface or a comparable distance during the step sequence.
- The BSS must not resemble the NHSS element.

16.12 Circle Step Sequence (CSS)

- (a) The CSS must not be skated as part of or attached to the Circle element.
- (b) Only one configuration is permitted which must be the Single-Circle configuration.
- (c) The CSS element begins when all skaters are in the circle configuration and are on the entry edge of the first turn.
- (d) The CSS must rotate either in a clockwise or anti-clockwise direction.
- (e) Changes of configuration are not permitted.
- (f) Changes of rotational direction are not permitted.
- (g) All skaters must be using the same hold at the same time while executing the CSS element.
- (h) All skaters may or may not be attached following each turn.
- (i) For requirements of the Step Sequence refer to rule F.4.3.1.
- (j) The CSS element ends when the circle configuration is broken by the transition into a different element or if two (2) crossovers in a row are executed.
- (k) Ice Coverage / Pattern Requirements:
 - The CSS element must cover at least 240° of the circle.
 - Mirror image pattern is not permitted.
 - The size of the circle must be no larger than one-third ($\frac{1}{3}$) of the length of the ice surface.