

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

- 1.1 Synchronised Skating consists of:
 - 1.1.1 a short program; and
 - 1.1.2 a free skating program.
- 1.2 "Synchronisation" refers to the quality of skating, importance of unison, the accuracy of formations and the preciseness of the team. The objective is for the skaters to perform as one unit as opposed to individual soloists.
- 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 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 A team must commence to skate or move within ten (10) seconds from the start of the music.

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 features, 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 axis](#), [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 **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.
- 4.1.4 **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.
- 4.1.5 **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.
- 4.1.6 **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.
- 4.1.7 **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.
- 4.1.8 **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 forbidden.
- 4.1.9 **Mirror Image Pattern (applies to Moves in the Field in the Free Skating Program only)**

Only one (1) free skating move may use a mirror image pattern. A mirror image pattern is shown when the team uses a combination of both clockwise and anti-clockwise directions.

4.1.10 Pair Move

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

4.1.11 Point of Intersection

The point of intersection is defined as being the area approximately one (1) meter before and after 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.

4.1.12 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 original direction and axis (a slight deviation from the original axis is permitted).

4.1.13 Skating Direction

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

4.1.14 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.

4.1.15 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, 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 just 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 a change of rotation directions or free skating moves.

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

4.3.1.1.6 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 To receive a Step Sequence Feature, the under mentioned requirements of ice coverage must be fulfilled.

4.3.1.2.2 In the Block, the step sequence must cover two-thirds ($\frac{2}{3}$) of the length of the ice surface or comparable distance using other patterns.

4.3.1.2.3 In the Circle, the step sequence must cover two-thirds ($\frac{2}{3}$) of the

circle (240 degrees) or comparable distance if a change of rotational direction is included.

4.3.1.2.4 In the **No Hold Block**, the step sequence must 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**, 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 must not 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 skaters may rotate but not more than two and a half (2½) 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 that are executed on the spot (stationary location) by the lifting skater;

(b) Gliding 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, 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. If the gliding stops at any time during the preparation, lift and exit, the gliding will not be counted.

(c) Non-gliding Rotational Lifts with rotation of at least 180 degrees by the supporting skaters (Group Lift) or lifting skater (Pair Lift). The lift remains stationary as it rotates and all supporting or lifting skater(s) must rotate at least 180 degrees once the lifted skater is in the elevated position. The supporting or lifting skater(s) must make use of Mohawk like steps to turn from forwards to backwards or visa versa.

(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 Pair Lift must be skating or gliding as they prepare for the lift and rotate during the lift. There is no minimum ice coverage required for the gliding before, during or after the rotation. All supporting or lifting skater(s) must rotate at least 180 degrees once the lifted skater is in the elevated position. The supporting or lifting skater(s) must make use of two-footed Mohawk like steps to turn from forwards to backwards or visa versa. All skaters in a Group Lift or both skaters in a Pair Lift must be skating or gliding as they 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. If the gliding stops at any time during the

preparation, lift and exit, the gliding will not be counted.

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, [pivoting skater](#)) and the other skater is revolving around the pivoting skater (usually in a spiral or arabesque position, [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.

(a) 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.

4.3.2.9 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.

4.3.2.9.1 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 at least 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 are defined as spins that consist of one (1) change of foot and at least two (2) **different** changes of position (sit, camel, upright or any variation thereof) with not less than three (3) revolutions on each foot. The minimum revolutions required without interruption in each position is two (2). The change of foot and position may be made either at the same time or separately. The change of foot may be executed in the form of a step over but not a jump.

(d) Pairs pins are defined as spins performed by two (2) skaters around a common axis on one (1) foot by each partner simultaneously for three (3) revolutions. The spin may be commenced and/or completed on one (1) foot. One of both of the partners may be in different spinning positions and in any hold.

4.3.2.9.2 Types of Spinning Position

(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.

4.3.2.9.3 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.

4.3.2.9.4 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.

4.3.2.9.5 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.

4.3.2.10 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.

4.3.2.11 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 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, Pair Element, 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 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 being the area approximately one (1) metre before and after 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 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. Different linking steps/turns, holds and free skating moves may 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 interaction. The line must pivot 90° compared to each other from their starting angle. The lines must stay in close proximity to each other as they change positions during the whole element.

4.4.8 Pivoting

An action where an element such as a line or block turns/rotates around the same point for a required distance. All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during pivoting.

4.4.9 Three Different Patterns

A pattern of skating that may be curved, diagonal or in a straight line along the long or short barrier of the ice surface.

4.4.10 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/edges, in the same skating direction, at the same time during travelling.

4.4.11 Two (or Three) Different Configurations

An action where the skaters must change their formation or arrangement while executing a synchronised skating element.

5 The short program for synchronised skating

- 5.1 The short program is defined as the skating of **seven (7)** 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.

- 5.2 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.
- 5.3 The duration of the short program shall not exceed the time limit as set forth by the most recent ISU regulation(s) or communication(s) or Section F of these regulations. The duration of the short program may be less than the specified time limit provided all the required elements are included. The time of the program shall 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. If the team fails to finish the program within the maximum time limit, the timekeepers shall advise the Referee who shall indicate same by the blowing of a whistle. The timekeepers shall inform the Referee of the number of seconds in excess. There must be a 1.0 point deduction from the Total Score for every five (5) seconds in excess. An element commenced after the maximum time limit shall be considered as omitted.
- 5.4 Unprescribed or additional elements or repetitions, even of elements that have failed, are forbidden and will not be counted or marked and marks shall be deducted if any are included in the program.
- 5.5 The required step sequences must include and meet the requirements for steps and turns as specified in rule F.4.3.1.
- 5.6 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.
- 5.7 Transitions necessary to link the required elements are permitted provided they cover less than half ($\frac{1}{2}$) the ice surface.
- 5.8 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.

- 5.9 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.
- 5.10 The choreography and elements should be executed facing towards all sides of the ice rink and not excessively facing one side only.
- 5.11 [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.

6 The free skating program for synchronised skating

- 6.1 [The Free Skating program consists of a well-balanced program composed of elements and other linking movements.](#) A well-balanced synchronised free skating program must contain a variety of elements such as circles, lines, blocks, intersections, wheels, movements in isolation, spins, moves in the field, [pair element](#) and no hold step sequences of which no element is dominant, linked together harmoniously by a variety of transitions, executed with a minimum of two-footed skating and skated to music of the team's own choice.
- 6.2 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.
- 6.3 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.
- 6.4 The duration of the free skating program shall not exceed the time limit as set forth by the most recent ISU regulation(s) or communication(s) or Section F of these regulations. The time of the program shall 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. Programs must be completed within ten (10) seconds (either plus or minus) of the required time. The timekeepers 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 timekeepers shall inform the Referee of the number of

seconds lacking or in excess. If a team fails to finish the program within the allowed range of time, there must be a 1.0 point deduction from the Total Score for up to every five (5) seconds lacking or in excess. No element commenced after the maximum time limit (time plus ten (10) seconds) shall be considered in the marking. If the duration of the program is thirty (30) seconds or more under the required time limit no score will be awarded.

- 6.5 Additional elements may be incorporated into the free skating program and will be judged as transitions and/or choreographic components.
- 6.6 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**.
 - 6.6.1 **Turns and linking** steps can be used during the whole elements. However, only the first step sequence that fulfils the requirements for a step sequence will determine the level of difficulty;
 - 6.6.2 **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, except during** except during the change of direction and free skating moves;
 - 6.6.3 The step sequence may be executed on opposite feet and **all** skaters in the team **must** skate in **the same** direction; and
 - 6.6.4 **Adding one or two Additional Features to a Step Sequence will move a Step Sequence to a higher group of difficulty.**
- 6.7 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.**

- 6.8 Syncopated choreography (defined as the performance of the same movements but with a time delay using for instance different music phrases) is permitted.
- 6.9 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.
- 6.10 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 where the lifting skaters do not lift their hand(s) higher than shoulder level and the other two (2) lifts may be Group lifts. Alternatively, all three (3) lifts may be group lifts.
- 6.11 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.
- 6.12 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.
- 6.13 Any music including vocal music using lyrics is permitted. However, the team must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.
- 6.14 Mirror Image Pattern applies to Moves in the Field in Free Skating Program only and only one Free Skating Move may use a mirror image pattern. A mirror image pattern is displayed when the team uses a combination of both clockwise and anti-clockwise directions.
- 6.15 A maximum of two (2) vaults may be included in both the Senior and Junior Free Skating program.

7 Senior Synchronised Section Requirements

- 7.1 All members of the team must have reached the age of 14 before the 1st of July preceding the competition.
- 7.2 To be eligible to compete in:

- 7.2.1 the National Championships, all the team members must have passed the Synchronised Gold Star Test; and
- 7.2.2 An Interprovincial Championship, **fifty percent (50%) of the team members must have passed the Skating Skills Level 5 Test.**
- 7.3 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.
- 7.4 The Short Program – Senior Synchronised
- 7.4.1 The maximum duration of the program shall be 2 minutes and fifty (50) seconds.
- 7.4.2 The required elements shall be as follows:
- 7.4.2.1 **Group A (1st July 2008 to 30th June 2009)**
- (a) **Block**
The Block element must include:
- (i) **Feature**
Step sequence is required as per rule F.4.3.1.
- (ii) **Additional Features**
- (a) Creative innovations and variations are not permitted.
- (b) Other Additional Features are permitted and will be counted.
- (b) **Intersection**
The Intersection element must include two (2) different Intersections that may be executed in any order. They may be executed separately or as a sequence of two elements.
- (1) **Intersection #1**
Must be a “Whip” type intersection and must include:
- (i) **Feature**
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.

- (2) Intersection #2
 - Is an Intersection of the team's choice:
 - (i) Feature
 - 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) Moves in the Field
 - The Moves in the Field element must include:
 - (i) Feature
 - Three (3) different Free Skating Moves are required.
 - (ii) Additional Features
 - (a) One (1) Free Skating Move must be a Spiral (any type of Spiral)
 - (b) Mirror Image Pattern is not permitted
 - (c) Other Additional Features are permitted and will be counted.

- (d) No-Hold Block
 - The No-Hold Block element may be from any Group and must include:
 - (i) Feature
 - Step sequence is required as per rule F.4.3.1.
 - (ii) Additional Features
 - (a) Creative innovations and variations are not permitted.
 - (b) Other Additional Features are permitted and will be counted.

- (e) Circle
 - The Circle element must include two (2) different Circles and they must be executed one after the other but may be executed in any order.

 - (1) Circle #1
 - May only be One Circle and must include:
 - (i) Feature
 - Step sequence is required as per rule F.4.3.1.
 - (ii) Additional Features
 - (a) Only one (1) configuration is permitted and must be One Circle.
 - (b) Travel is not permitted.
 - (c) Change of Rotational Direction is only permitted in order to change configurations (if necessary) but will not be counted.

- (d) No other Additional Features are permitted.
- (2) Circle #2
May only be a "Circle in a Circle" rotating in opposite directions and must include:
 - (i) Feature
Step sequence is permitted but not counted.
 - (ii) Additional Features
 - (a) Only one (1) configuration is permitted and must be a "Circle in a Circle rotating in opposite directions".
 - (b) Travel is required.
 - (c) Change of rotational direction is required.
 - (d) No other Additional Features are permitted.

7.4.2.2 Group B (1st July 2009 to 30th June 2010)

- (a) Block
The Block element must include:
 - (i) Feature
Step sequence is required as per rule F.4.3.1.
 - (ii) Additional Features
 - (a) Creative innovations and variations are not permitted.
 - (b) Other Additional Features are permitted and will be counted.
- (b) Intersection
The Intersection element must include two (2) different Intersections that may be executed in any order. They may be executed separately or as a sequence of two elements.
 - (1) Intersection #1
Must be a "Triangle" type intersection and must include:
 - (i) Feature
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.
 - (2) Intersection #2
Is an Intersection of the team's choice:
 - (i) Feature

- 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) Moves in the Field

The Moves in the Field element must include:

 - (i) Feature

Three (3) different Free Skating Moves are required.
 - (ii) Additional Features
 - (a) One (1) Free Skating Move must be a Spiral (any type of Spiral)
 - (b) Mirror Image Pattern is not permitted
 - (c) Other Additional Features are permitted and will be counted.

 - (d) No-Hold Block

The No-Hold Block element may be from any Group and must include:

 - (i) Feature

Step sequence is required as per rule F.4.3.1.
 - (ii) Additional Features
 - (a) Creative innovations and variations are not permitted.
 - (b) Other Additional Features are permitted and will be counted.

 - (e) Wheel

The Wheel element must include two (2) different Wheels and they must be executed one after the other but may be executed in any order.

 - (1) Wheel #1

May only be a 2-Line Parallel Wheel and must include:

 - (i) Feature

None.
 - (ii) Additional Features
 - (a) Only one (1) configuration is permitted and must be a 2-Line Parallel Wheel.
 - (b) Travel is required.
 - (c) Change of Rotational Direction is permitted but not required and will be counted if executed correctly.
 - (d) No other Additional Features are permitted.

- (2) Wheel #2
May only be a "3-Spoke Wheel" and must include:
 - (i) Feature
None.
 - (ii) Additional Features
 - (a) Only one (1) configuration is permitted and must be a "3-Spoke Wheel".
 - (b) No other Additional Features are permitted.

7.5 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.

7.5.1 Block

- (a) The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- (b) A block element must have a minimum of 3 lines.
- (c) Creative innovations and variations are not permitted in the Short Program.
- (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) 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.
- (i) Variety of different holds may be used but all skaters must use the same hold at the same time except during free skating moves.
- (j) All skaters must be attached (for most of the time).
- (k) All skaters must be using the same hold at the same time while executing the Step Sequence Feature.
- (l) The block element ends when the block configuration is broken by the transition into a different element.
- (m) 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 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.
- (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.

7.5.2 Intersection #1 and #2

- (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) The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection.
- (d) Intersection #1 and Intersection #2 may occur separately or as a sequence of two elements.
- (e) A combined intersection is not permitted.
- (f) Non-prescribed or additional intersections are not permitted
- (g) 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 a Triangle.
- (h) When using multiple lines the number of skaters in each of the lines must be as equal as possible. Thus:
 - (1) Group A Whip Intersection has two lines and on a team of sixteen (16) each line has eight (8) skaters.
 - (2) Group B Triangle Intersection has three lines and on a team of sixteen (16) each line has five (5), five (5) and six (6).
- (i) Jumps (except for dance jumps) and back spirals during intersection are illegal (forbidden) elements.
- (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
 - The point of intersection is defined as being the area approximately 1 metre before and after the exact point where

skaters pass each other. The exact point of intersection phase is defined as the instant when the skaters are passing 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.
- In the case of the collapsing intersection, a team may include several steps, turns and/or moves consisting of various levels.

(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.

(l) Ice Coverage / Pattern Requirement:

- The maximum distance between the lines of an intersection must be approximately one-third ($\frac{1}{3}$) of the length of the ice surface during the Preparation and Approach phase of the Intersection.

7.5.3 Moves in the Field

- (a) This element is a sequence of only three (3) different free skating moves that must not be repeated and which 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 free skating move with a change of edge is not considered different than a free skating move in the same position without a change of edge.
- (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.
- (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) Variety of different holds may be used.
- (l) The element ends with the completion of the 3rd free skating move.
- (m) 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 $\frac{1}{2}$ the length of the ice surface from each other as they prepare and execute a free skating move.
 - The transition between each of the free skating moves must not be longer than one-third ($\frac{1}{3}$) of the length of the ice surface.
 - The one-third ($\frac{1}{3}$) of the ice surface will be determined by the lead skater.
 - Mirror Image is not permitted.

7.5.4 No-hold Block

- (a) The No Hold Block (NHB) 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 not permitted in the Short Program.
- (d) The NHB must start and end in a no hold.
- (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 No Hold Block element must begin at one end of the ice surface and end at the opposite end across from the starting point.
 - 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 NHB.
 - 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 NHB 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.

7.5.5 Circle #1 (Group A – One Circle)

- (a) The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the element.
- (b) Creative innovations and variations are not permitted in the Short Program.
- (c) Dance jumps and free skating moves are allowed but not required.
- (d) 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 change of rotational direction and during free skating moves.
- (e) Step Sequence must be executed and completed while all skaters are in the circle formation.
- (f) 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.
- (g) The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- (h) Non-prescribed or additional circles are not permitted.
- (i) Ice Coverage:
 - All skaters in the 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.

7.5.6 Circle #2 (Group A – Circle in a Circle in the Opposite Direction)

- (a) The circle element begins once the circles are recognized and start to rotate with all skaters participating in the element.
- (b) There must be a minimum of four (4) skaters in the centre circle.
- (c) Both circles must change direction at the same time.
- (d) Creative innovations and variations are not permitted in the Short Program.
- (e) Dance jumps and free skating moves are permitted but not required.
- (f) Travel is required.
- (g) During travel, all skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time, except during a change of rotational direction and free skating moves.
- (h) 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.
- (i) Step sequence is permitted but will not be counted.
- (j) Change of rotational direction is required.
- (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 the 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.
 - The Circle in a Circle opposite direction configuration must be maintained both before and after the change of rotational direction for at least 180°. If the circle configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.
 - Some of the skaters are permitted to execute a second change of rotational direction in order to transition from Circle #1 to Circle #2 or visa versa.
 - The circles must travel for at least one-quarter ($\frac{1}{4}$) of the length of the ice surface or comparable distance.
 - The circles must continue to rotate as they travel.

- Travel must be uninterrupted.

7.5.7 Wheel #1 (Group B – “2-Line Parallel 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 only one wheel at a time.
- (c) Creative innovations and variations are not permitted in the Short Program.
- (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) Travel is required.
- (h) During travel, all skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time, except during a change of rotational direction and free skating moves.
- (i) Dance jumps and free skating moves are allowed but not required.
- (j) Variety of different holds may be used.
- (k) All skaters must execute the change of rotational direction at the same time.
- (l) The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- (m) 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, even during a change of rotational direction.
 - The wheel configuration must be maintained both before and after the change of rotational direction for at least 180°. If the wheel configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.

- The wheel must travel for at least one-quarter ($\frac{1}{4}$) of the length of the ice surface or comparable distance.
- The wheel must continue to rotate as it travels.
- Travel must be uninterrupted.

7.5.8 Wheel #2 (Group B – “3-Spoke 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 only one wheel at a time.
- (c) Creative innovations and variations are not permitted in the Short Program.
- (d) The spokes must be as equal as possible.
- (e) Variety of different holds may be used.
- (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) Dance jumps and free skating moves are allowed but not required.
- (i) The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- (j) No other Additional Features are permitted.
- (k) Ice Coverage / Pattern Requirements:
 - To fulfil the requirements for the wheel element, a wheel must rotate a least 360°.

7.6 The Free Skating Program – Senior Synchronised

7.6.1 The maximum duration of the program shall be 4 minutes and 30 seconds (plus or minus ten seconds).

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

- 7.6.2.1 One (1) Block;
- 7.6.2.2 One (1) Line;
- 7.6.2.3 One (1) Circle;
- 7.6.2.4 **One (1) Wheel;**
- 7.6.2.5 Two (2) different Intersections;
- 7.6.2.6 One (1) No-hold **Block (NHB);**
- 7.6.2.7 **One (1) Movements in Isolation (MI);**
- 7.6.2.8 One (1) Moves in the Field **(MF);** and

7.6.2.9 One (1) element selected from a [Movement in Isolation, Pair Element or Spin](#).

7.6.3 Refer to rule F.10 for further details and requirements for the listed elements in the free skating program.

8 Junior Synchronised Section Requirements

8.1 The 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.

8.2 To be eligible to compete in:

8.2.1 the National Championships, all the team members must have passed the Synchronised Silver Star Test; and

8.2.2 an Interprovincial Championship, [fifty percent \(50%\) of the team members](#) must have passed the Skating Skills Level 4 Test.

8.3 The NTC shall announce the commencements and end dates for the skating season if the announced skating season does not correspond to the ISU skating season.

8.4 The Short Program – Junior Synchronised

8.4.1 The maximum duration of the program shall be 2 minutes and fifty (50) seconds.

8.4.2 The required elements shall be as follows:

(a) [Block](#)

[The Block element must include:](#)

(i) [Feature](#)

[Step sequence is required as per rule F.4.3.1.](#)

(ii) [Additional Features](#)

(a) [Creative innovations and variations are not permitted.](#)

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

(b) [Circle](#)

[May only be One Circle and must include:](#)

(i) [Feature](#)

[Step sequence is required as per rule F.4.3.1.](#)

(ii) [Additional Features](#)

- (a) Only one (1) configuration is permitted and must be One Circle.
 - (b) Travel must be included.
 - (c) Change of Rotational Direction is permitted but not required will be counted if executed correctly.
 - (d) No other Additional Features are permitted.
- (c) Intersection
The Intersection element must include two (2) different Intersections that may be executed in any order. They may be executed separately or as a sequence of two elements.
- (1) Intersection #1
The choice of intersection is left to the team's discretion:
 - (i) Feature
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.
 - (2) Intersection #2
The choice of intersection is left to the team's discretion:
 - (i) Feature
The Point of Intersection is required.
 - (ii) Additional Features
 - (a) Back-to-Back preparation and approach is permitted but not required and will be counted if executed correctly.
 - (b) Additional Features are permitted and will be counted.
- (d) No-Hold Block
The No-Hold Block element may be from any Group and must include:
 - (i) Feature
Step sequence is required as per rule F.4.3.1.
 - (ii) Additional Features
 - (a) Creative innovations and variations are not permitted.
 - (b) Other Additional Features are permitted and will be counted.
- (e) Wheel

The Wheel element must include two (2) different Wheels and they must be executed one after the other but may be executed in any order.

- (1) Wheel #1
The choice of Wheel is left to the team's discretion:
 - (i) Feature
None.
 - (ii) Additional Features
 - (a) Only one (1) configuration is permitted.
 - (b) Travel is required.
 - (c) Change of Rotational Direction is permitted but not required and will be counted if executed correctly.
 - (d) No other Additional Features are permitted.

- (2) Wheel #2
The choice of Wheel is left to the team's discretion:
 - (i) Feature
None.
 - (ii) Additional Features
 - (a) Only one (1) configuration is permitted.
 - (b) No other Additional Features are permitted.

8.5 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.

8.5.1 Block

- (a) The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- (b) A block element must have a minimum of 3 lines.
- (c) Creative innovations and variations are not permitted in the Short Program.
- (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) 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.
- (i) Variety of different holds may be used but all skaters must use the same hold at the same time except during free skating moves.
- (j) All skaters must be attached (for most of the time).
- (k) All skaters must be using the same hold at the same time while executing the Step Sequence Feature.
- (l) The block element ends when the block configuration is broken by the transition into a different element.
- (m) 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.

8.5.2 Circle (Group A – One Circle)

- (a) The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the element.
- (b) Creative innovations and variations are not permitted in the Short Program.
- (c) Dance jumps and free skating moves are allowed but not required.
- (d) 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 change of rotational direction and during free skating moves.
- (e) Step Sequence must be executed and completed while all skaters are in the circle formation.
- (f) All skaters must execute the change of rotational direction at the same time.
- (g) 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.
- (h) The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- (i) Non-prescribed or additional circles are not permitted.
- (j) During travel, all skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time, except during a change of rotational direction and free skating moves.
- (k) Ice Coverage:
 - All skaters in the 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.
- The Circle configuration must be maintained both before and after the change of rotational direction for at least 180°. If the circle configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.
- The circles must travel for at least one-quarter ($\frac{1}{4}$) of the length of the ice surface or comparable distance.
- The circles must continue to rotate as they travel.
- Travel must be uninterrupted.

8.5.3 Intersection #1 and #2

- (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) Intersection #1 and Intersection #2 may occur separately or as a sequence of two elements.
- (d) All skaters must execute the same turns / linking steps / moves at the same time at the point of intersection.
- (e) A combined intersection is not permitted.
- (f) Non-prescribed or additional intersections are not permitted.
- (g) 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 a Triangle.
- (h) When using multiple lines the number of skaters in each of the lines must be as equal as possible. Thus a Triangle Intersection has three lines and on a team of sixteen (16) each line has five (5), five (5) and six (6).
- (i) Jumps (except for dance jumps) and back spirals during intersection are illegal (forbidden) elements.
- (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
 - The point of intersection is defined as being the area approximately 1 metre before and after the exact point where skaters pass each other. The exact point of intersection phase is defined as the instant when the skaters are passing 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.
 - In the case of the collapsing intersection, a team may include several steps, turns and/or moves consisting of various levels.
 - (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.
- (l) Ice Coverage / Pattern Requirement:
- The maximum distance between the lines of an intersection must be approximately one-third ($\frac{1}{3}$) of the length of the ice surface during the Preparation and Approach phase of the Intersection.

8.5.4 No-hold Block

- (a) The No Hold Block (NHB) 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 not permitted in the Short Program.
- (d) The NHB must start and end in a no hold.
- (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 No Hold Block element must begin at one end of the ice surface and end at the opposite end across from the starting point.
 - 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 NHB.
 - 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 NHB 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.

8.5.5 Wheel #1

- (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 only one wheel at a time.
- (c) Creative innovations and variations are not permitted in the Short Program.
- (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) Travel is required.
- (h) During travel, all skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time, except during a change of rotational direction and free skating moves.
- (i) All skaters must execute the change of rotational direction at the same time.
- (j) Dance jumps and free skating moves are allowed but not required.
- (k) Variety of different holds may be used.
- (l) The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- (m) 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, even during a change of rotational direction.
 - The wheel configuration must be maintained both before and after the change of rotational direction for at least 180°. If the wheel configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.
 - The wheel must travel for at least one-quarter ($\frac{1}{4}$) of the length of the ice surface or comparable distance.
 - The wheel must continue to rotate as it travels.
 - Travel must be uninterrupted.

8.5.6 Wheel #2

- (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 only one wheel at a time.
- (c) Creative innovations and variations are not permitted in the Short Program.
- (d) The spokes must be as equal as possible.
- (e) Variety of different holds may be used.

- (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) Dance jumps and free skating moves are allowed but not required.
- (i) The wheel element ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- (j) No other Additional Features are permitted.
- (k) Ice Coverage / Pattern Requirements:
 - To fulfil the requirements for the wheel element, a wheel must rotate a least 360°

8.6 The Free Skating Program – Junior Synchronised

8.6.1 The maximum duration of the program shall be 4 minutes (plus or minus ten seconds).

8.6.2 A well-balanced program must contain the following **nine (9)** elements:

- 8.6.2.1 One (1) Block;
- 8.6.2.2 One (1) Line;
- 8.6.2.3 One (1) Circle;
- 8.6.2.4 One (1) Wheel;
- 8.6.2.5 Two (2) different Intersections;
- 8.6.2.6 One (1) No-hold **Block (NHB)**;
- 8.6.2.7 One (1) Movement in Isolation (**MI**);
- 8.6.2.8 One (1) element selected from a Spin or Moves in the Field element.

8.6.3 Refer to rule F.10 for further details and requirements for the listed elements in the free skating program.

9 Novice Synchronised Section Requirements

9.1 The 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.

9.2 To be eligible to compete in:

- 9.2.1 the National Championships, all the team members must have passed the Synchronised Bronze Star Test; and

9.2.2 an Interprovincial Championship, fifty percent (50%) of the team members must have passed the Skating Skills Level 2 Test.

9.3 The NTC shall announce the commencements and end dates for the skating season if the announced skating season does not correspond to the ISU skating season.

9.4 The Novice synchronised skating teams are not required to perform a short program.

9.5 The Free Skating Program – Novice

9.5.1 The maximum duration of the program shall be 3 minutes and thirty (30) seconds (plus or minus ten seconds).

9.5.2 A well-balanced program must contain the following six (6) elements:

9.5.2.1 One (1) Block;

9.5.2.2 One (1) Line;

9.5.2.3 One (1) Circle;

9.5.2.4 One (1) Wheel;

9.5.2.5 One (1) Intersection;

9.5.2.6 One (1) Movement in Isolation; and

9.5.3 Those elements listed in 9.5.2 who have a maximum of:

9.5.3.1 Four (4) Difficulty Levels (Block, Circle, Intersection, Line, Movement in Isolation, Wheel): In the Novice Free Skating program only difficulty levels up to Level 3 may be included;

9.5.3.2 Three (3) Difficulty Levels (No-Hold Block): In the Novice Free Skating program only difficulty levels up to Level 2 may be included;

9.5.3.3 Four (4) Feature Levels (Step Sequence): In the Novice Free Skating program only feature levels up to Level 3 may be included; or

9.5.3.4 Three (3) Feature Levels (Free Skating Moves, Free Skating Elements and Point of Intersection): In the Novice Free Skating program only feature levels up to Level 2 may be included;

9.5.4 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.

9.5.5 Refer to rule F.10 for further details and requirements for the listed elements in the free skating program.

10 **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.

10.1 Block

- (a) The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- (b) A block element must have a minimum of 3 lines.
- (c) Creative innovations and variations are permitted in the Free Skating Program.
- (d) Blocks may be open or 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) 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.
- (i) Variety of different holds may be used.
- (j) All skaters must be attached (for most of the time).
- (k) All skaters must be using the same hold at the same time while executing the Step Sequence Feature.
- (l) The block element ends when the block configuration is broken by the transition into a different element.
- (m) 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.

10.2 Circle

- (a) The circle element begins once the circles are recognized and start to rotate with all skaters participating in the element.
- (b) There must be a minimum of four (4) skaters in the circle.
- (c) Any configuration may be used.
- (d) Creative innovations and variations are permitted in the Free Skating Program.
- (e) Dance jumps and free skating moves are permitted but not required.
- (f) Step Sequences, if executed, must be completed while all skaters are in the circle formation.
- (g) 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 a change of rotational direction and free skating moves.

- (h) Variety of different holds may be used.
- (i) The circle element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- (j) 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.

10.3 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) Intersections #1 and #2 must be different.
- (d) Intersection #1 and Intersection #2 may occur separately or as a sequence of two elements.
- (e) 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 a 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 lines and on a team of sixteen (16) each line has eight (8) skaters.
 - (ii) Triangle Intersection has three lines and on a team of sixteen (16) each line has five (5), five (5) and six (6).
- (f) All skaters may execute the same turns/linking steps/moves at the same time at the point of intersection or if one half of the team executes the same turns/linking steps/moves at the point of intersection then the other half of the team may execute a different turn/linking steps/move. The lowest level will count.
- (g) Jumps (except for dance jumps) and back spirals during intersection are illegal (forbidden) elements.
- (h) The intersection element ends upon the start of the transition into a different element.
- (i) 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
- The point of intersection is defined as being the area approximately 1 metre before and after the exact point where skaters pass each other. The exact point of intersection phase is defined as the instant when the skaters are passing 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.
 - In the case of the collapsing intersection, a team may include several steps, turns and/or moves consisting of various levels.
- (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.
- (j) Ice Coverage / Pattern Requirement:
- The maximum distance between the lines of an intersection must be approximately one-third ($\frac{1}{3}$) of the length of the ice surface during the Preparation and Approach phase of the Intersection.

10.4 Line

- (a) The line element begins once the shape is recognized and all skaters are participating.
- (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 line or two lines.

- (e) If there are two 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) Creative innovations and variations are permitted in Free Skating.
- (h) Dance jumps and free skating moves are allowed but not required.
- (i) Variety of different holds may be used.
- (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 two (2) lines must be in close proximity to each other, within half ($\frac{1}{2}$) of the ice surface.
 - Retrogression is permitted.

10.5 Moves in the Field

- (a) This element is a sequence of only three (3) different free skating moves that must not be repeated and which 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 free skating move with a change of edge is not considered different than a free skating move in the same position without a change of edge.
- (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.
 - 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.
- (j) Variety of different holds may be used.
- (k) The element ends with the completion of the 3rd free skating move.
- (l) 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.
- The transition between each of the free skating moves must not be longer than one-third ($\frac{1}{3}$) of the length of the ice surface or comparable distance.
- The one-third ($\frac{1}{3}$) of the ice surface will be determined by the lead skater.
- Mirror Image is permitted.

10.6 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 should be entered on the Program Content Sheet.
- (d) If the team chooses to execute the second Movement in Isolation Element, for the well balanced program, then that free skating element must be different than the free skating element used in the first Movement in Isolation. Two (2) Group lifts are permitted if they are different from each other.
- (e) Only one (1) free skating element/move will be evaluated at one time;
- (f) Movement in Isolation in Senior Free Skating program includes:
 - One (1) Free Skating Element.
 - 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.
- (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 rest of the team must also participate in the Movements in Isolation element by presenting / supporting the free skating element or free skating move and must not be a distraction.
- 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).
- The same free skating element(s)/move(s) must be completed by:
 - ❖ The same free skating move and free skating element 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 is the maximum with a team consisting of sixteen (16) Skaters);
 - ❖ At least two (2) to a maximum of four (4) pairs.
 - ❖ At least one (1) to a maximum of four (4) Group lifts.

(h) Ice Coverage / Pattern Requirements:

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

10.7 No-hold Block

- (a) The No-Hold Block (NHB) 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 NHB must start and end in a no hold.
- (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 No Hold Block element must begin at one end of the ice surface and end at the opposite end across from the starting point.
 - 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 NHB.
 - 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 NHB 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.

10.8 Pair Element

- (a) This element consists of eight (8) pairs.
- (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.

10.9 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 within half ($\frac{1}{2}$) of the ice surface.
 - Any formation is permitted.

10.10 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) Creative innovations and variations are permitted in the Free Skating Program.
- (e) The skaters who are closest to the pivot point may or may not be joined.
- (f) A variety of different holds may be used.
- (g) The skaters within the spokes may or may not be joined.
- (h) Spokes may be straight or curved and be of different lengths.
- (i) 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. The skaters nearest the pivot point may or may not be joined at the centre of the wheel or it's variation.
- (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 $\frac{1}{6}$ of the length of the ice surface, 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.

- If travelling a wheel must travel for at least one-quarter ($\frac{1}{4}$) of the length of the ice surface.
- The wheel must continue to rotate as it travels.
- Travel must be uninterrupted.