

Communication No. 2182 SYNCHRONIZED SKATING

This Communication replaces ISU Communications 2159

Included are:

Appendix A - Difficulty Groups of Elements & Features

Appendix B - Difficulty Groups of Additional Features

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DIFFICULTY GROUPS OF ELEMENTS & FEATURES (Appendix A)

ELEMENT ICE COVERAGE REQUIREMENTS

Minimum ice coverage; Some Elements (PB, PL, B, C, L, W, NHE, TC and TW etc.) must meet a minimum ice coverage requirement

Stopping: Skaters are standing in one (1) place with or without movement of the blade(s)

ARTISTIC ELEMENT Definition and Requirements (see Regulations for details)

Basic Requirements

1. The Element must first meet the requirements for the respective shape for an Artistic Block, Artistic Circle, Artistic Line, Artistic Wheel; i.e. the minimum number of Skaters in a block, circle, line, or spoke
2. All Skaters must begin in the first shape of the Artistic Element and must return to the Element shape (same or different shape) after the Feature(s) has been executed (*if applicable*)

Artistic Elements: (*Artistic Block (AB), Artistic Circle (AC), Artistic Line (AL), Artistic Wheel (AW)*)

LEVEL BASE ABB/ACB/ALB/AWB	LEVEL 1 AB1/AC1/AL1/AW1	LEVEL 2 AB2/AC2/AL2/AW2
An Element that does not meet the level 1 or level 2 requirements but meets the Basic Requirements	Element must meet the basic requirements AND must include one (1) Feature	Element must meet the basic requirements AND must include two (2) different Features: One (1) Feature from Group A and one (1) Feature from Group B

Group A

1. At least two (2) different configurations
2. Intersecting
3. Weaving
4. Pivoting
5. Travel

Group B

1. Lift (*Senior only*)
2. Jump(s)
3. Synchronized Spin (*Solo, Pair, Group*)
4. Pair Movement
5. Choreographic Sequence

Artistic Element Requirements

General

Stopping is not permitted

Artistic Block

- An open or closed block is permitted
- A minimum of three (3) lines are required in a Block
- Skaters must have a hold at the start of the Element

Artistic Circle

- If using more than one (1) Circle then each Circle is permitted to consist of a different number of Skaters
- A maximum of three (3) Circles executed at the same time is permitted
- A minimum of four (4) Skaters are required in a Circle

Artistic Line

- If using two (2) Lines then each Line is permitted to consist of a different number of Skaters
- One (1) or two (2) Lines is permitted
- A minimum of four (4) Skaters are required in a Line

Artistic Wheel

- If using more than one (1) Wheel then each Wheel is permitted to consist of a different number of Skaters
- A maximum of three (3) Wheels executed at the same time is permitted
- A minimum of three (3) Skaters are required in a spoke

Feature Requirements

- Feature(s) must be part of the Artistic Element
 - Skaters are permitted to briefly break away from the Element before rejoining/returning
 - Separating from the Element for longer than necessary to execute the Feature(s) is not permitted
 - Features executed within or in close proximity to the Element will not be considered separate. Example: Features executed at or near the center point of a Wheel, or in-between at least two (2) Wheels, are not considered as being separated from the Element
 - Skaters leaving an Element (i.e. but not limited to: the fast end of a spoke or a line of a Block) to execute a Feature and returning to the same or a different place is permitted
 - Features executed at or near the center point of a Circle or in-between at least two (2) Circles are not considered as separated
- The shape of the Artistic Element is permitted to disappear momentarily during some Features (i.e.: an incorrect number of Skaters are permitted to be visible momentarily in order to encourage creativity)

Group A

1. At least two (2) different configurations

- All Skaters must participate in both configurations
- The number of lines, spokes or circles must change
- Stopping is not permitted
- Each configuration must be recognizable

2. Intersecting

- At least ½ of the Team must participate and intersect

3. Weaving

- At least ½ of the Team must participate and weave at least one (1) time
- Stopping is not permitted
- Consists of a Circle in a Circle rotating in opposite rotational directions
- Circles must be as even as possible
- Weaving must occur approximately at the same time by all Skaters

4. Pivoting

- A minimum of four (4) Skaters must pivot
- A minimum of 90° continuous pivoting is required
- pivoting must be executed in a connected hold

5. Travel

- Travel is counted in the Artistic Circle and Artistic Wheel only
- A minimum of 2m continuous travel is required by any one (1) circle or (1) wheel

Group B

1. Lift (Senior only)

- A minimum of one (1) pair lift or one (1) Group lift must be executed
- Lifted Skater must be held off of the ice for at least three (3) seconds
- Any type of lift is permitted
- Multiple Lifts are permitted – same or different

2. Jump(s)

- At least one (1) must execute a Jump
- Must meet the definition of a Jump
- Jumps of one (1) revolution or more will be counted; exception for a split jump which will be counted
- Jump(s) such as toe loop, loop, salchow, flip, lutz, axel and split jump are permitted

3. Synchronized Spin (Solo, Pair, Group)

- At least one (1) type of Spin must be executed (one (1) Solo spin, one (1) Pair spin or one (1) Group spin)
- Synchronized Spin must rotate a minimum of three (3) revolutions
- Any type of Synchronized Spin is permitted.
- Different types of spins may be done at the same time

4. Pair Movement

- At least two (2) Pairs must executed any type of Pair Movement
- Any type of Pair Movement is permitted
- There is no required length of time that a Pair Movement must be held

5. Choreographic Sequence

- At least ½ of the Team must execute the Choreographic Sequence
- Consists of any kind of movements such as steps, turns, free skating movements (listed and non-listed), Choreographic Slides, etc.
- There is no required length of time that each movement must be held
- There must be multiple and consecutive movements (same or different) to create a recognizable Sequence

LINEAR ELEMENTS (Block & Line), ROTATING ELEMENTS (Circle & Wheel) Definition and Requirements (see Regulations for details)

Basic Requirements

1. The Element must meet the requirements for the respective shape for a Block, Circle, Line, Wheel; i.e. the minimum number of Skaters in a line, circle, or spoke
2. Ice Coverage:
 - Linear Elements (Block/Line) must cover at least ½ of the ice surface or comparable distance
 - Rotating Elements (Circle/Wheel): all Skaters must rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used

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

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

Features

Features that must not be done at the same time: Feature #1 together with Features #4, #7, #10 or #11

Feature #5 together with Features #1,

#2, #3 or #4

LINEAR ELEMENTS		ROTATING ELEMENTS	
BLOCK	LINE	CIRCLE	WHEEL
1. At least two (2) different configurations	1. At least two (2) different configurations	1. At least two (2) different configurations	1. At least two (2) different configurations
2. Three (3) different connected holds	2. Three (3) different connected holds	2. n/a	2. Three (3) different connected holds
3. Four (4) different extra features	3. Four (4) different extra features	3. Four (4) different extra features	3. Four (4) different extra features
4. Skaters/Lines change places/positions with another Skater/Line	4. Skaters/Lines change places/positions with another Skater/Line	4. Skaters/Lines change places/positions with another Skater/Line	4. Skaters/Lines change places/positions with another Skater/Line
5. Execute four (4) turns/steps while maintaining a hold	5. n/a	5. n/a	5. n/a
6. Use of Circular Pattern	6. n/a	6. n/a	6. n/a
7. n/a	7. Release of hold for three (3) seconds	7. n/a	7. Release of hold for three (3) seconds
8. n/a	8. Change of axis	8. n/a	8. n/a
9. n/a	9. n/a	9. Change of Rotational Direction	9. Change of Rotational Direction
10. n/a	10. n/a	10. Interlocking	10. Interlocking
11. n/a	11. n/a	11. Weaving	11. n/a

Feature Requirements

1. At least two (2) different configurations (B, C, L, W)

- The number of circles/lines/spokes must change
- There is no specific length of time that a configuration must be held, however it must be recognizable
- The Feature is permitted to be executed in any manner except stopping is not permitted
- Element must start before and continue after the change of configuration has been executed
- The shape of the Element is permitted to “disappear” during the Feature (i.e.: an incorrect number of Skaters for the level are permitted to be visible momentarily in order to encourage creativity)

2. Three (3) different connected holds (B, L, W)

- Holds must be different
- Different types of holds such as three (3) different versions of an elbow hold etc. will not be counted
- There is no length of time that each hold must be held however the hold(s) must be recognizable

3. Four (4) different extra features (B, C, L, W)

- At least four (4) different Extra features must be included. A maximum of two (2) from each group will be counted
- At least ½ of the Team must execute the extra feature
 - two (2) different extra features, from the same or different groups, are permitted to be executed at the same time (each by ½ of the Team)

Extra Feature Groups

- i. fm's such as: Charlotte, Spread Eagle, Lunge, Shoot the Duck, Ina Bauer, etc. (other permitted/listed or non-listed fm's or movements such as a Choreographic Slide)
- ii. Toe Steps, or Small Hops, or Dance Jumps of up to one (1) rotation
- iii. Body Movement

4. Skaters/Lines change places/positions with another Skater/Line (B, C, L, W)

- All Skaters and/or lines/spokes must participate and change places/positions with another Skater and/or line/spoke
- The change of places/position refers to either the line/spoke as a whole and/or the individual Skaters. A combination of both is permitted
- Element must continue both before and after the change of place/position
- The Feature is permitted to be executed in any manner except stopping is not permitted
- Weaving is not considered as a change of place/position
- Skaters are permitted to circle another Line/Skaters/spoke and end back in the same place
- Skaters are permitted to be joined in pairs or small lines
- Skaters are permitted to use different turns/steps as they change places/positions
- The shape of the Element is permitted to "disappear" during the Feature (i.e.: an incorrect number of Skaters for the level are permitted to be visible momentarily in order to encourage creativity)

5. Execute four (4) turns/steps while maintaining a hold (B)

- Choice of: choctaw, rocker, bracket
- All Skaters must execute the same turn/step at the same time
- The same turn/step is permitted to be repeated four (4) times
- The turns/steps must be executed one (1) after the other, no other linking steps are permitted to be executed between any of the turns/steps other than one (1) changes of edge or change of foot
- The turns/steps must be skated on the same, recognizable edges/lobes
- A hold must be maintained throughout the four (4) turns/steps

6. Use of Circular Pattern (B)

- The block must cover more than 270° on a circular pattern in one (1) rotational direction
- The lines of the block must remain as parallel as possible to a circular pattern

7. Release of hold for three (3) seconds (L, W)

- During the release of hold each Skater must turn/rotate OR use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted
- If Teams choose to turn/rotate: Skaters are permitted to turn/rotate using any manner
 - Skaters must turn/rotate at least 360°
 - Stepping from backwards to forwards is NOT considered a 180° turn/rotation
 - Turns/rotations are permitted to be on one (1) or two (2) feet
- If Teams choose to use both skating directions (forward and backward):
 - Forward and backward skating must be recognizable

8. Change of axis (L)

- The line must use two (2) distinctly different axis: long axis, short axis and/or a diagonal axis of the ice rink
- Follow the leader or pivoting is permitted to be used to change axis but will not be counted as a change of axis
- There is no ice coverage requirement for each axis but must be recognizable

9. Change of Rotational Direction (C, W)

- The change of rotational direction (cd) must be executed at the same time by at least ½ of the Team
- The Feature is permitted to be executed in any manner except stopping is not permitted
- There is no amount of rotation required before or after the change of rotational direction, but skating in both rotational directions must be recognizable

10. Interlocking (C, W)

Circle

- Interlocking consists of at least two (2) separate circles executed in a no hold, which are rotating in opposite rotational directions and are close enough to each other to cause the Skaters of one (1) circle to interlock with Skaters of the other circle
- At least ½ of the Team must interlock, (i.e. eight (8) Skaters on a Team requiring sixteen (16) Skaters)
 - four (4) consecutive Skaters from each circle must interlock at least once
- There are no restrictions/requirements on how much the circles must interlock

Wheel

- Interlocking consists of at least two (2) separate wheels rotating in opposite rotational directions and are close enough to each other to cause each spoke of one (1) wheel to interlock with each spoke of the other wheel without missing/skipping their space/spot to interlock
- Each spoke must interlock at least one (1) time
- There are no restrictions/requirements on how much the wheels must interlock

11. Weaving (C)

- Weaving consists of a circle in a circle rotating in opposite rotational directions
- The two (2) circles must be as even as possible
- All Skaters must change circle position twice
 - The Skaters must change from the outer circle into the center circle and then back to the outer circle OR vice versa depending on where they start
- Weaving must occur at approximately the same time
- Circling around another Skater will not be considered weaving

BLOCK - PIVOTING Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. Must have at least three (3) lines
2. Must be a closed Block
3. Must cover ½ of the length of the ice surface or comparable distance
4. Must show any recognizable pivoting

BLOCK - PIVOTING Element

LEVEL BASE – PBB	LEVEL 1 – PB1	LEVEL 2 – PB2	LEVEL 3 – PB3	LEVEL 4 – PB4
<p>A Pivoting Block that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements</p>	<p>Pivoting Block must meet the Basic Requirements AND must include:</p> <p>Pivoting at least 90° with turn/step and linking steps</p>	<p>Pivoting Block must meet the Basic Requirements AND must include a choice of:</p> <ul style="list-style-type: none"> - Series of at least two (2) turns (choice of three-turn, bracket, counter, rocker or single twizzle or more) (with/without a change of edge) executed on one (1) foot + at least one (1) other turn/step and linking steps <p>OR</p> <ul style="list-style-type: none"> - Series of at least two (2) different types of turns (without a change of edge), executed on one (1) foot (choice of: bracket, counter, rocker or 1½ or more twizzle) <p>AND</p> <ul style="list-style-type: none"> - Pivoting at least 180° - Pivot point must change ends at least once - A minimum pivot of 45° is required before and after the pivot point changes ends 	<p>Pivoting Block must meet the Basic Requirements AND must include:</p> <ul style="list-style-type: none"> - Pivoting at least 180° - Series of at least three (3) different types of turns (without a change of edge), executed on one (1) foot (choice of: bracket, counter, rocker or 1½ or more twizzle) - Pivot point must change ends at least once - A minimum pivot of 45° is required both before and after the pivot point changes ends 	<p>Pivoting Block must meet the Basic Requirements AND must include:</p> <ul style="list-style-type: none"> - Pivoting at least 270° - Series of four (4) different types of turns (without a change of edge) all executed on one (1) foot (bracket, counter, rocker and 1½ or more twizzle) - The pivot point must change ends at least once - A minimum pivot of 90° is required both before and after the pivot point changes ends

Junior Short Program 2018-19 – Pivoting must be executed in three (3) lines

- Lines must be as equal as possible

Senior Short Program 2018-19 – Pivoting must be executed in four (4) lines

- Lines must be as equal as possible

General Requirements

- Pivoting must be continuous and executed all at once
- Pivoting must occur during only one (1) configuration of a block
- Pivoting must be executed in only one (1) rotational direction
- Pivoting is considered as ended when:
 - Pivoting has stopped for two (2) seconds or more
 - There is a change of configuration or a change of rotational direction
 - At least ¼ of the Team are no longer skating on their own track, for more than two (2) seconds after pivoting has started
- The slow end Skaters must not stop. Block must progress along/across the ice at all times
- All Skaters must execute the same recognizable steps/turns/edges /linking steps, in the same skating direction, at the same time during pivoting

Errors for Turns/Steps (same or different error made by ¼ or the Team or more)

- A two-footed entry or exit of a turn/step
- A turn/step executed on the spot
- A turn/step that is jumped
- The entry and/or exit of a turn/step is executed on a straight line (is flat)
- Turns/steps that are not clearly on the correct entry or exit edge
 - Skidded turns (skidded turns occur when the blade slides sideways along the ice)
- A turn/step not attempted (not due to a fall)

1. Pivoting with turns/steps and linking steps or a series of turns

- Pivoting must be executed using the required turns/steps on recognizable and correct edges
- PB2: may use the same or different turns
- PB3 & PB4: The exit edge of one (1) turn must be the entry edge of the following turn

2. Pivoting a Total of 90°, 180° or 270°

- PBB & PB1: The pivoting starts to be counted as soon as the block begins to pivot once the Skaters have established their own track and ends when the block stops pivoting
- PB2, PB3, PB4: The measurement for the requirements of the pivoting degrees begins with the entry edge of the first turn/step once the Skaters have established their own track
- PB2: the measurement ends when the block stops pivoting
- PB3 & PB4: pivoting ends at the completion of the exit edge of the last turn

3. Change of Pivot Point

- Change of pivot point executed by skating on a circular/looped pattern where the Skaters cross their own track is not permitted
- Pivoting (including the slow end Skater) should, at all times, progress along and/or across the ice surface

CIRCLE - TRAVELING Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. The traveling Circle must rotate at least 360° in one (1) rotational direction
2. Any recognizable traveling must be executed
3. TCB, TC1 and TC2 - must have at least four (4) Skaters in each Circle while travelling. TC3 and TC4 – must have at least eight (8) Skaters in each Circle while travelling

CIRCLE - TRAVELING Element

LEVEL BASE – TCB	LEVEL 1 – TC1	LEVEL 2 – TC2	LEVEL 3 – TC3	LEVEL 4 – TC4
A Traveling Circle that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Traveling Circle must meet the basic requirements AND must include: Travel executed with: - one (1) circle or circle inside a circle same or opposite rotational direction - must cover more than 2m	Traveling Circle must meet the basic requirements AND must include: Travel executed with: - circle inside a circle same or opposite rotational direction - must cover more than 5m	Traveling Circle must meet the basic requirements AND must include: Travel executed with: - circle inside a circle in opposite rotational directions - weaving once (1) - must cover more than 10m	Traveling Circle must meet the basic requirements AND must include: Travel executed with: - circle inside a circle in opposite rotational directions - weaving twice (2) - must cover more than 10m

General Requirements

- Skaters must use the same linking steps/turns/steps and skating directions
 - Skaters must continue to glide as the circle travels
- Circle(s) must rotate during travel and travel is permitted to be executed with or without a hold
- Feature(s) must be executed during the travel
- Travel must be continuous and not interrupted
- Travel is considered as ended when;
 - Travelling has stopped for two (2) seconds or more
 - There is a change of configuration or a change of rotational direction
 - ¼ of the Team or more has made any travel error

Travel Errors (Any error (same or different type) made by ¼ of the Team or more)

- Use of different linking steps/turns/steps or skating directions
- Linking steps/crossovers/turns/steps that do not glide and are executed using the toe pick instead of the blade (*not including toe steps that are part of the choreography*)
- not stepping on the circle(s) pattern

1. Weaving (one (1) or two (2) times depending on the level)

- The Circles must be as even as possible
- The Team must clearly travel before, during and after weaving
- Weaving must occur at approximately the same time by all Skaters

2. Distance travelled (more than 2m, 5m, 10m depending on the level)

- The required distance will be measured using the center point of the Circle(s) and the length of the ice surface (or comparable distance if travel on a curve) and must be continuous.
- The measurement of travel will stop when the traveling has ended or when the Circle breaks apart to go into the next transition or Element
- Travel begins to be counted as soon as the center point of the Circle begins to move
- Travel is permitted in either one (1) Circle OR a Circle inside a Circle (same or opposite rotational direction)
 - If travelling in two (2) Circles both circles must travel at the same time and for the required distance

CREATIVE Element

Novice / Junior Free Program - Season 2018-2019: Creative - Intersection

To have the Element confirmed (fixed value)

1. All Skaters must intersect either at the same time or at different times (i.e. collapsing intersection) or a combination of both
2. No restrictions on Element shape
3. The number of Skaters in each line (part) of an Intersection do not have to be as equal as possible
4. Stopping is not permitted

Senior Free Program - Season 2018-2019: Creative – Lift

To have the Element confirmed (fixed value)

1. All Skaters must participate in creating the picture of the Creative - Lift
2. Lifted Skater(s) must be held off of the ice for at least three (3) seconds
3. The lift(s) must glide (permitted to rotate on one (1) spot)
4. Stopping is not permitted

GROUP LIFT Element (with Rotations) – Senior - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Group Lifts must be executed with recognizable rotation
2. All Skaters must participate in the Element either by being the lifted Skater, by supporting the lifted Skater or by executing a free skating element

GROUP LIFT Element (with Rotations)

LEVEL BASE – GLB	LEVEL 1 – GL1	LEVEL 2 – GL2	LEVEL 3 – GL3	LEVEL 4 – GL4
A Group Lift that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	<p>Group Lifts that glide at all times and meet the basic requirements and includes a choice of:</p> <p>At least two (2) Group Lifts that rotate at least 180° with One (1) Feature from Group A, Group B or Group C</p> <p>OR</p> <p>At least three (3) Group Lifts that rotate at least 180° with no Feature</p>	<p>Group Lifts that glide at all times and meet the basic requirements and includes a choice of:</p> <p>At least two (2) Group Lifts that rotate at least 360° AND includes Any Two (2) Features from;</p> <p>Group A, Group B or Group C</p> <p>OR</p> <p>Four (4) Group Lifts that rotate at least 360° with no Feature</p>	<p>Group Lifts that glide at all times and meet the basic requirements and includes:</p> <p>At least three (3) Group Lifts that rotate at least 360° AND includes Three (3) Features;</p> <p>One (1) Feature from Group A AND a choice of One (1) Feature from Group B PLUS One (1) Feature from Group C OR Both Features from Group B</p>	<p>Group Lifts that glide at all times and meet the basic requirements and includes:</p> <p>Four (4) Group Lifts that rotate at least 360° AND includes Four (4) Features;</p> <p>One (1) Feature from Group A AND Both Features from Group B PLUS One (1) Feature from Group C</p>

Features

Features that must not be done at the same time:

Group A Feature #1 + Group A Feature #2 (*only one (1) Feature will be*

counted)

Group A

1. Flexible Position
2. Balancing Position

Group B

1. Difficult Entry
2. Difficult Exit

Group C

1. Change of position of the lifted Skater
2. Mirror image pattern
3. Rotating in both Rotational Directions

For GLB, GL1, GL2, GL3, GL4 (remaining Skaters)

- The remaining Skaters (those who have not participated in any part of a Group Lift) must execute free skating elements (fe's)
- several different fe's OR another GL with lesser Features are permitted
- The fe's/GL executed by the remaining Skaters are permitted to be executed in any formation, pairs or as individuals
- fe's/GL must be executed approximately at the same time as the group lift(s)
- The remaining Skaters are not permitted to stop
- If a Skater(s) has participated in any part of the GL then this Skater(s) is not required to execute a free skating element but is permitted to execute either an fe or fm

General Requirements

- The lifted Skater must be lifted off the ice (any height) for GLB
- The majority of the torso of the lifted Skater must be above head level of the supporting Skaters for GL1, GL2, GL3 and GL4
- The hands/arms of a supporting Skater(s) is not required to be above their head, as long as the majority of the torso of the lifted Skater is held above head level of the supporting Skater(s)
- The "main" position of the Group Lift refers to the position held by the lifted Skater for a required rotation and other Features
- All Group Lifts must be executed within ½ of the length of the ice from each other
- The same feature (if one is selected) must be executed by ALL of the Group Lifts, at the same time
- Features, required to be executed during a rotation, must ALL be executed in the same rotational direction (with the exception for the Feature: Mirror image pattern (*see Feature below*))

Feature Requirements

Group A

1. Flexible Position

- Positions include but are not limited to: front split, side split, 135°, backward arch in a semi-circle or full circle
- When using a split position the legs are permitted to be bent however a split must be maintained
- Flexibility will be counted when the lifted Skater grasps one (1) foot with a backward or sideways arch creating approximately a semi-circle or full circle.

Example: but not limited to: a Biellmann like position

- The lifted Skater must show a curve of their back/side while grabbing the free foot
- A semi-circle is shown using both a curve of the back/side and leg(s)
- To show an acceptable semi-circle curve using a Biellmann-like position; The heel of the

skate, of the lifted Skater, must be held behind and past their waist

- Teams are permitted to include more than one (1) flexible position and to change position
- Any Flexible Position must be held for at least 360° rotation
 - The lifted skater is permitted to change to a different Flexible or Balancing position during the same 360° rotation

2. Balancing Position

- Teams are permitted to include more than one (1) Balancing position and to change position
- Balance is shown when the lifted Skater(s) body is supported in the following manners:
 - Support on one (1) side of their body (one arm + one hip + one leg) (the free leg must be extended at least 90° compared to the supported leg)
 - Support at the lower body (buttocks + legs/feet) (example: middle split position)
 - Support at only the lifted Skaters hands + feet/ankles (example: front split position)
 - Support at the neck and feet/ankles
- Lying flat on the back or stomach with support at the feet/legs and at the shoulder is not considered Balancing
- Any Balancing position must be held for at least 360° rotation
 - The lifted Skater is permitted to change to a different Balancing or Flexible position during the same 360° rotation

Flexible/Balancing positions must have the supporting Skaters arranged in either of the following manners;

a) Supporting Skaters in approximately one (1) line

- It is acceptable for the three (3) or more supporting Skaters to be in a different configuration during the entry/exit
- Skaters must be in approximately one (1) line during the required rotations

b) Two supporting Skaters

- Three (3) Skaters are permitted to lift the one (1) Skater into position
- The support must be maintained during the required rotation(s)

Group B

1. Difficult Entry

- **For GL3 & GL4:** The Flexible/Balancing position must be achieved directly after/from the difficult entry with the exception if using a Pre-group lift (see below)
- Using **only** two (2) lifting Skaters will not be considered a difficult entry

Examples of a difficult entry (not limited to the following):

Supporting Skaters in an fm

- Two (2) supporting Skaters are in an fm position while lifting
- Any level fm will be accepted
- The fm position must be kept by the supporting Skaters until the lifted Skater is above their heads

Pre-group lift, pair lift or vault without a touch down in-between

- Pre-group lift, pair lift or vault must occur preceding the group lift without a touchdown in-between
 - The pre-group lift position must be different than the main position of the Group lift
 - The pre-group lift position and pair lift position must be held for at least two (2) seconds before taking the main position
 - Time will begin to be counted once the lifted skater has attained their first position
- Permitted: if the GL achieves one position during the difficult entry (held for at least two (2) seconds) and then changes directly to another position, the second position will be considered the main position

For GL3&GL4; in the above case the second/main position must be a Flexible or Balancing position

2. Difficult Exit

Examples of a difficult exit (not limited to the following):

- a cartwheel or somersault type of action
- If exiting from a horizontal position: A minimum of a 270° revolution around an axis parallel to the ice surface (horizontal axis i.e. rolling down), by the lifted Skater out of their lifted position is required

- a pair lift will not be counted as a difficult exit
- Once the lifted Skater has touched the ice the lift is considered as exited/ended

Group C

1. Change of position of the lifted Skater

A movement of the body, which requires physical strength or flexibility

- The new position must be significantly different from the main position
- To show a significant difference between the main and second position, the lifted Skater must rotate a minimum of:
 - 180° rotation if using a horizontal axis where the lifted Skaters' torso executes the rotation (counted only for GL1 or GL2)
 - 90° rotation if using a vertical axis where the lifted Skater's torso executes the rotation
 - 90° rotation if using a combination of both horizontal and vertical axis
- To show a clear difference in position the following must be shown:

Examples:

 - a) when the lifted Skater is in a forward split, their torso must rotate 90° using a vertical axis in order to take a side sit split position
 - b) when the Skater is laying and sits up thereby showing a 90° rotation using a combination of a horizontal and vertical axis
- The torso must be kept above head level of the supporting Skaters before and after the change of position of the lifted Skater(s). During the transition from one position to the next, the torso of the lifted Skater is permitted to drop below head level of the lifting Skaters.
- The transition from one position to the other must have a continuous movement
- The change of position must occur during a rotation
 - The lift is permitted to rotate more than the required 180°/360° to complete the lifted Skaters change of position
- If changing from one (1) Flexible position into a different Flexible position: the lifted Skater is permitted to briefly come out of the first /main Flexible position as they continuously move into the second different Flexible position.
- The same principle would apply if using two (2) different Balancing positions and also if using a Flexible position plus a Balancing position (or vice versa)
- For GL3 & GL4;
 - IF the change of position is NOT into a different Flexible or Balancing position, the GL must first meet the required 360° rotation in a Flexible/Balancing position prior to executing a change of position. In this case, since the change of position is not into a Flexible or Balancing position, then additional rotations, in the same rotational direction, will be necessary to complete the Feature
 - If the change of position is into a different Flexible or Balancing position, the lifted Skater is permitted to change position during the required 360°

2. Mirror image pattern

- ALL Group Lifts being executed must participate in the mirror image pattern
- One (1) or two (2) Group Lifts rotate in one (1) rotational direction and the other one (1) or two (2) Group Lifts (*depending on attempted level*) must rotate in the opposite rotational direction
- The Group Lifts from opposite rotational directions must pass each other while rotating
 - Passing while rotating will be accepted as long as part of the rotation is occurring as the Group Lifts pass
 - **For GL3 & GL4;** The lifted Skater must be in a Flexible/Balancing position as the Group Lifts pass

3. Rotating in both Rotational Directions

- Teams are permitted to choose the order and the rotational direction
- For an GL1, minimum of 180° in both rotational directions are required
- For GL2, GL3, GL4 minimum of 360° in the first rotational direction + at least 180° in second rotational direction are required or vice versa
- For GL2, GL3, GL4: Any other Feature(s) to be counted must be executed during the 360° rotation

INTERSECTION Element - Definition and Requirements (see Regulations for detail)

Basic Requirements:

1. All Skaters must pass another Skater
2. The lines must be as equal as possible
3. For a Combined Intersection; Circle must have a minimum of four (4) Skaters in a Circle; Wheel must have a minimum of three (3) Skaters in a spoke; Line must have a minimum of four (4) Skaters in a Line

INTERSECTION Element

LEVEL BASE – IB	LEVEL 1 – I1	LEVEL 2 – I2	LEVEL 3 – I3
An Intersection that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements	Intersection must meet the Basic requirements AND must include: Any Intersection (including Two-line, “L” Intersection or Combined Intersection) + one (1) Feature	Intersection must meet the Basic requirements AND must include a choice of: Box or Triangle + one (1) Feature OR Angled Intersection (with multiple lines of four (4) Skaters in each line) + one (1) Feature	Intersection must meet the Basic requirements AND must include a choice of: Whip Intersection + one (1) Feature OR Angled Intersection (two (2) lines of eight (8) Skaters) + one (1) Feature

ADDITIONAL FEATURE - Point of Intersection (see *Difficulty Groups of Additional Features – Appendix B*)

Feature Requirements

1. Back-to-back approach OR backward pivoting entry during the approach phase

- All Skaters must be back-to-back in any connected hold when starting the approach
- Back-to-back - when the Skaters shoulders are parallel to the axis of intersection and not twisted during the approach
- Stopping is not permitted
- A hold is required throughout the approach phase until the pi rotation begins (unless there are backward rotations)
 - Changes of hold are permitted
 - Backward rotation(s), if executed during the approach phase
 - must be continuous, starting and ending backwards
 - The Skaters must maintain a hold if there are only crossovers or non-rotating linking steps executed before the rotation for the pi begins
- If using a backward pivoting entry, each line must pivot at least 90° before the Skaters intersect
 - The Whip intersection considered to have a backward pivoting entry

Specific Requirements of each type of Intersection

Collapsing Intersection

- Box/Triangle: Skaters must pass all corners of the collapsing intersection at approximately the same time

Combined Intersection

- Multiple Circles, Wheels and Lines are permitted
- If using a Circle or Wheel: the Circle/Wheel must continually rotate
- If using a Block or Line: the Block/Line must continue to glide and progress along the ice

Two-Line Intersection

- Both lines must be straight and parallel to each other as they approach the axis of intersection
- All Skaters must intersect at the same time

Whip Intersection

- Both lines must achieve and maintain a TRUE curved shape (1/2 circle) until the lead Skaters' become back-to-back
- From the 1/2 circle position, when the lead Skaters are back-to-back, the curve must continuously straighten with a whipping action until just before the two (2) lines pass each other
- All Skaters must intersect at the same time with an exception of the **two (2)** fast end Skaters at the end of each line, who are permitted to intersect after the rest of their line
- During the approach phase, when forming the two (2) 1/2 Circles until intersecting skidding/stopping is not permitted by any one (1) Skater

Angled Intersection

- The corridor between the two (2) lines cannot be more than approximately three meters (3m) apart once the lead Skaters of each line begin to overlap
- The lines must continually move towards the axis of intersection once the lead Skaters have overlapped
- The corridor between the two (2) lines is permitted to show a minimal reduction as the lines first overlap and begin to pass each other. Reduction is allowed to occur more rapidly as the Skaters' near the axis of intersection
- The lines must remain parallel to the "axis of intersection" during the approach phase, no matter where/how the Intersection has been placement on the ice
 - Example: If the "axis of intersection" is parallel to the long axis of the ice rink, then the lines must be kept parallel to the long axis of the rink during the approach phase
- If the lines are not more than approximately three meters (3m) apart, once the overlap has begun a slight pivot (less than 45°) is permitted
- It is NOT necessary to skate the entire approach phase within the three meters (3m) corridor before the overlap begins
- All Skaters must intersect at the same time

LINE - PIVOTING Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. Must cover at least 1/2 of the length of the ice surface or comparable distance
2. Must have either one (1) or two (2) lines, which must be as even as possible (*exception: during creativity*)
3. Must show any recognizable pivoting

LINE - PIVOTING Element

LEVEL BASE – PLB	LEVEL 1 – PL1	LEVEL 2 – PL2	LEVEL 3 – PL3	LEVEL 4 – PL4
A Pivoting Line that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 90° - in one (1) or two (2) lines with or without turns/steps and linking steps - slow end Skater must cover at least 2m	Pivoting Line must meet the Basic Requirements AND must include a choice of: Pivoting at least 180° - in two (2) lines with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least 5m OR	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 180° - using a combination of one (1) and two (2) lines with turns/steps and linking steps - the pivot point must change ends once	Pivoting Line must meet the Basic Requirements AND must include: Pivoting at least 180° - in one (1) line with turns/steps and linking steps - the pivot point must change ends once - each slow end Skater must cover at least

		Pivoting at least 180° - in one (1) line with turns/steps and linking steps - slow end Skater must cover at least 5m	- each slow end Skater must cover at least 10m	10m
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General Requirements

- The pivot requirements must occur in only one (1) rotational direction (a combination is not permitted)
- Pivoting starts to be counted as soon as the Line(s) begin to pivot once the Skaters have established their own track
- If using two (2) lines, both Lines must pivot at the same time
- Pivoting (including the slow end Skater) should, at all times, progress along and/or across the ice surface
- Pivoting must be continuous and executed all at once
- Pivoting is considered as ended when;
 - Pivoting has stopped for two (2) seconds or more
 - There is a change of configuration (other than if required for a level) or a change of rotational direction
 - At least 1/4 of the Team are no longer skating on their own track, for more than two (2) seconds after pivoting has started
- There are no restrictions on the types or number of linking steps (i.e.: crossovers)
 - Different linking steps are permitted
- The same type of turn/step must be executed at the same time
 - Turns are permitted to have different edges and/or skating directions

Change of Pivot Point

For all levels:

- The slow end Skaters must not stop
- Line must progress along/across the ice at all times
 - Change of pivot point executed by skating on a circular/looped pattern where the Skaters cross their own track is not permitted

PL3:

- A minimum pivot of 90° is required before the pivot point changes ends
- Pivoting using a combination of one (1) and two (2) lines
 - There is no specific length of time that a configuration must be held, however it must be recognizable
- The change of pivot point is permitted to be executed in either the one (1) or two (2) lines

PL4:

- A minimum pivot of 90° is required before the pivot point changes ends

MIXED Element (Mi) - Definition and Requirements (see Regulations for details)

Basic Requirements:

To have the element confirmed (fixed value), all Skaters must participate in the Element and the chosen Elements must interact with each other

- At least two (2) different Synchronized Skating Elements must be done at approximately the same time and interact with each other
- Choice of Block, Circle, Intersection, Line, Move Element, Pair Element, Synchronized Spin Element and Wheel
 - If using a Block there must be a minimum of three (3) lines and eight (8) Skaters
 - If using a Circle there must be a minimum of six (6) Skaters
 - If using an Intersection there must be a minimum of eight (8) Skaters who intersect
 - If using a Line there must be a minimum of eight (8) Skaters if doing one (1) line or in the

- case of two (2) lines there must be four (4) Skaters in each line
- If using Pair Element there must be a minimum of four (4) Skaters (same or different)
- If using a Wheel there must be either a minimum of two (2) spokes with three (3) Skaters in each spoke or in the case of a one (1) spoke Wheel there must be a minimum of five (5) Skaters in the spoke
- If using a Move Element there must be at least six (6) free skating moves (same or different)
 - fm's must meet only the time requirements for the fm
- If using a Synchronized Spin Element there must be at least eight (8) solo Spins or four (4) pair Spins or two (2) Group Spins (same or different)
 - Spins must rotate at least three (3) revolutions

MOVE Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must attempt at least one (1) fm
2. 2018-2019 Senior and Junior Short Program: the required fm is an unsupported spiral executed by at least ½ of the Team

MOVE Element

LEVEL BASE – MEB	LEVEL 1 – ME1	LEVEL 2 – ME2	LEVEL 3 – ME3
A Move Element where the fm does not meet the level 1, 2 or 3 requirements but meet the Basic Requirements	Move Element must meet the Basic Requirements AND must include: At least one (1) fm	Move Element must meet the Basic Requirements AND must include a choice of: At least two (2) different fm's AND at least one (1) fm is executed on one (1) foot OR At least ½ of the Skaters execute a change of position	Move Element must meet the Basic Requirements AND must include: At least three (3) different fm's AND at least two (2) different fm's are executed on one (1) foot AND At least ½ of the Skaters execute a change of position

ADDITIONAL FEATURE: Free Skating Moves (see *Difficulty Groups of Additional Features – Appendix B*)

General Requirements

- All fm's must be executed within ½ of the length of the ice of each other
- The first fm that each Skater performs during the ME will be evaluated. Subsequent fm's are permitted
- There must be at least four (4) Skaters executing the same type of fm
- fm's with two (2) or more changes of edge are permitted

Feature Requirements

1. At least two (2) or three (3) different fm's

- There must be at least two (2) or three (3) different fm's, depending on the ME level, executed at the same time during the Element (see additional requirements below)
- It is permitted to have up to four (4) different fm's executed at the same time
- fm's must start and/or end at approximately the same time

Example (permitted); 32 beats for a Spiral + one (1) change of edge
 1st 16 beats of the above 32 beats are used for a Spread eagle
 2nd 16 beats of the above 32 beats are used for a Biellmann

- fm's are considered to start or end approximately at the same time when the Skaters begin to take OR exit the fm position at the same time. In many cases it takes a different length of times to take or exit a position of for the various fm's

2. fm's executed on one (1) foot

- ME3 – there must be at least two (2) different fm's executed on one (1) foot
- the same type of fm is permitted

3. At Least ½ of the Skaters Execute a Change of Position (ME)

There must be a change of position executed by at least 1/2 of the Skaters while executing an fm

- If a Skater begins on the right side of another Skater, they must change to the left side of that same Skater in order to meet the requirements
- The change of position must be executed at the same time
- The requirement is correctly executed when the release of hold is done at the same time
- The re-grasp is not required to be executed at the same time
- Any listed fm is permitted to be used during this Feature (both SP and FS)
- It is permitted to use two (2) or more different fm's
- A hold BOTH before and after the change of position is required (a minimum of four (4) Skaters in each line)
 - At least four (4) consecutive Skaters in each line (if using two (2) or more lines of six (6) or two (2) lines of eight (8) Skaters) must have a hold both before and after a change of position
 - Example: When more than 1/2 of the Skaters are executing the change of position (twelve (12) Skaters in two (2) lines of six (6)) and there are two (2) spaces in each without a hold either before or after the change of position, the change of position will still be counted if the Feature meets the requirements of 1/2 of the Skaters (four (4) consecutive Skaters in each line) execute the change of position correctly
- Skaters must establish their own track both before and after the change of position

Change of position is not counted:

- If Skaters do not establish their own track both before and after the change of position ^[SEP]
- If Skaters do not cross the track of the other Skater with whom they are changing position ^[SEP]
- If there are two (2) or more spaces without a hold either before and/or after the change of position (a ^[SEP]minimum of four (4) Skaters in each line) ^[SEP]
- If at least 1/2 of the Skaters do not execute the change of position at the same time ^[SEP]

NO HOLD Element – Definition and Requirements (see Regulations for details)

Basic Requirements:

1. Must be a closed Block
2. Must start in four (4) lines of four (4) Skaters
3. Must cover at least ½ of the length of the ice or comparable distance

NO HOLD Element

LEVEL BASE – NHEB	LEVEL 1 – NHE1	LEVEL 2 – NHE2	LEVEL 3 – NHE3	LEVEL 4 – NHE4
No Hold Element that does not meet the level 1, 2, 3, or 4 requirements but meets the Basic Requirements	No Hold Element must meet the Basic Requirements AND must include One (1) Feature	No Hold Element must meet the Basic Requirements AND must include Two (2) Features	No Hold Element must meet the Basic Requirements AND must include Three (3) Features	No Hold Element must meet the Basic Requirements AND must include Four (4) Features

ADDITIONAL FEATURE – Step Sequence - (see Difficulty Groups of Additional Features – Appendix B)

Requirements

Features that must not be done at the same time: Feature #1 + Feature #2
Feature #1 + Feature #3
Feature #2 + Feature #3

Features

1. **Pivoting at least 90°**
2. **Skaters/Lines change places/positions with another Skater/Line**
3. **Two (2) different configurations**
4. **Diagonal Axis**

General Requirements

A Team comprised of 12-15 Skaters must start in four (4) lines as even as possible

A Team comprised of 8-11 Skaters must start in three (3) lines as even as possible

Feature Requirements

1. **Pivoting at least 90°**
 - Pivoting must be executed all in one (1) movement in the same rotational direction
 - Pivoting is allowed to be executed in any manner, however no one (1) Skater is permitted to stop at any time
 - Pivoting is considered as ended when;
 - Pivoting has stopped for two (2) seconds or more
 - There is a change of configuration or a change of rotational direction
2. **Skaters/Lines change places/positions with another Skater/Line**
 - All Skaters and/or Lines must participate and change places/positions with another Skater and/or Line
 - Element must continue both before and after the change of place/position
 - The Feature is permitted to be executed in any manner except stopping is not permitted
 - The shape of the NHE is permitted to “disappear” during the Feature (i.e.: an incorrect number of Lines are permitted to be visible momentarily in order to encourage creativity)
3. **Two (2) different configurations**
 - The number of Lines must change
 - The Feature is permitted to be executed in any manner except stopping is not permitted
 - Element must start before and continue after the change of configuration has been executed
 - There must be a minimum of three (3) lines
 - Eight (8) Lines of two (2) Skaters is not permitted
 - A different closed block configuration is required for the second configuration
 - Each Configuration must be recognizable
4. **Diagonal Axis**
 - One (1) Series of at least two (2) turns (see requirements for the Step Sequence Additional Feature) is executed on a diagonal axis
 - Feature is counted when at least a series of two (2) turns are correctly executed
 - The diagonal axis is permitted to occur at any time during the NHE

PAIR Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must be in pairs (*If competing with an odd number of Skaters where one (1) Skater is without a partner, the remaining solo Skater must execute one (1) part of the Pair Element*)
2. All Pairs must pivot at least 360° (with or without the correct position)
3. All Pairs must execute the same pair pivot

PAIR Element

LEVEL BASE – PaB	LEVEL 1 – Pa1	LEVEL 2 – Pa2	LEVEL 3 – Pa3	LEVEL 4 – Pa4
A Pair Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	<p>Pair Element must meet the Basic Requirements AND must include:</p> <p>Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a spiral supported or unsupported position for at least 360°</p>	<p>Pair Element must meet the Basic Requirements AND must include:</p> <p>Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in an Upright Extension 135° position for at least 360°</p>	<p>Pair Element must meet the Basic Requirements AND must include:</p> <p>Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a Death Spiral position for at least 360°</p>	<p>Pair Element must meet the Basic Requirements AND must include:</p> <p>Pair Pivot One (1) of the Skaters is pivoting and the supported Skater is in a Death Spiral position for at least 720°</p>

General Requirements

- Pair Pivot is permitted to be executed in any configuration but all pairs must stay within ½ of the ice surface from each other
- The pivoting starts to be counted when pivoting begins and the position of all supported Skaters has been attained

1. Pivoting for 360°/720° rotation (*depending on the level*)

- Pivoting is permitted to be executed in one (1) place or moving

Pivoting Skater

- The pivoting Skater(s) is permitted to use one (1) or both hands to hold the supported Skater
- The toe pick of the pivoting Skater does not have to be in the ice

Supported Skater

- Death Spiral: The supported Skater must clearly be on one (1) foot as they begin to take their position AND must clearly be on one (1) foot when exiting their position
 - Death Spiral: once the supported Skater becomes approximately upright they are permitted to change feet in order to push out of the pivot

2. Position (**Spiral (*supported or unsupported*), Upright Extension 135°, Death Spiral**)

- The correct position must be held for the required rotation
 - Death Spiral: The supported Skaters' head must be held at least at knee level when compared to the pivoting Skater for the 360°/720° respective to the level

SYNCHRONIZED SPIN Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must rotate at least three (3) revolutions on one (1) foot
2. All Skaters/Pairs/Groups must execute the same spin (see exception for Group Spin)

SYNCHRONIZED SPIN Element - Solo Spin

LEVEL BASE – SYSpB	LEVEL 1 – SYSp1	LEVEL 2 – SYSp2	LEVEL 3 – SYSp3
A Solo Spin that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least four (4) revolutions	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least six (6) revolutions	A Solo Spin that meets the Basic Requirements and includes: An upright spin executed on one (1) foot for at least eight (8) revolutions

SYNCHRONIZED SPIN Element - Pair Spin

LEVEL BASE – SYSpB	LEVEL 1 – SYSp1	LEVEL 2 – SYSp2	LEVEL 3 – SYSp3
A Pair Spin that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements	A Pair Spin that meets the Basic Requirements and includes: Both Skaters must be in an upright position on (1) foot for at least four (4) revolutions	A Pair Spin that meets the Basic Requirements and includes: One (1) Skater must be in an upright position on one (1) foot and the other Skater must be in sit or any spiral position for at least five (5) revolutions	A Pair Spin that meets the Basic Requirements and includes: Skaters must be in either a sit or any spiral position executed on one (1) foot for at least six (6) revolutions

SYNCHRONIZED SPIN Element - Group Spin

LEVEL BASE – SYSpB	LEVEL 1 – SYSp1	LEVEL 2 – SYSp2	LEVEL 3 – SYSp3
A Group Spin that does not meet the level 1, 2 or 3 requirements but meets the Basic Requirements	A Group Spin that meets the Basic Requirements and includes: Skaters must be in an upright position on (1) foot and at least one (1) Skater must be in sit or any spiral position for at least three (3) revolutions	A Group Spin that meets the Basic Requirements and includes: Skaters must be in an upright position on one (1) foot and at least two (2) Skaters must be in sit or any spiral position for at least three (3) revolutions	A Group Spin that meets the Basic Requirements and includes: At least three (3) Skaters in the Group must be in either a sit or any spiral position executed on one (1) foot for at least three (3) revolutions

Junior Short Program 2018 - 2019 – must be an upright spin. No variation is permitted
 - If there is a change of foot only the rotation executed on the first foot will be counted

General Requirements: (For All Spins)

- Spinning Configurations;
 - Solo Spin; must be in any closed block configuration
 - Pair Spin; must be in two (2) lines or any block configuration (minimum three (3) lines)
 - Group Spin; must be in one (1) line, any closed block configuration (minimum three (3) lines) or a box configuration
- Entry and exit from a spin must be done at the same time by all Skaters
- Skaters are permitted to exit the spin either by stopping or with a glide
- The number revolutions will begin to be counted, once all Skaters/Pairs/Groups have attained their position
 - Camel position: free leg, including the free foot and knee, must be at least hip level or higher
 - Sit position: supporting leg must be bent to at least 90°. The thigh of the skating foot must be parallel to the ice surface
- Variations and Difficult Variations of an upright spin are permitted in the Free Program
- All spins must remain within ½ of the ice surface

Group Spin Requirements

- All Skaters must be part of a Group Spin
- If using an odd number of Skaters for the majority of Group Spins then it will be permitted for one (1) Group Spin to have either one (1) extra or one (1) less Skater
 - In the case, the Group Spin with the extra or lesser Skater is permitted to be different from the other Group Spins
 - The positions of the Skaters must meet the requirements for the level

TWIZZLE Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. All Skaters must be in a closed Block configuration
2. All Skaters must attempt two (2) twizzles one (1) in each rotational direction
3. All skaters must execute the same twizzle

TWIZZLE Element

LEVEL BASE – TEB	LEVEL 1 – TE1	LEVEL 2 – TE2	LEVEL 3 – TE3	LEVEL 4 – TE4
A Twizzle Element that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Twizzles must meet the Basic Requirements AND must include at least one (1) rotation in each of the two (2) Twizzles	Twizzles must meet the Basic Requirements AND must include at least two (2) rotations in each of the two (2) Twizzles PLUS One (1) Feature	Twizzles must meet the Basic Requirements AND must include at least three (3) rotations in one (1) Twizzle and at least two (2) rotations in the other Twizzle PLUS Two (2) Features; from different Groups	Twizzles must meet the Basic Requirements AND must include at least three (3) rotations in each of the two (2) Twizzles Plus Three (3) Features; One (1) Feature from each Group

Features

Group A - Upper body/hand Feature:

1. Hand(s) held above the shoulders
2. Hands clasped in front or behind and fully extended away from the body (between the waist and chest level – below shoulder level)

Group B - Skating leg and free leg Feature:

1. Coupé position in front or behind with free foot in contact with the skating leg in an open hip position
2. Holding the blade or boot of the free foot
3. Free leg crossed behind above the knee
4. Free leg held out (i.e. extended to the front, side or to the back or combination of those) at least 30° or more from vertical

Group C - Entry/Exit

1. A third Twizzle of at least three (3) rotations, may be preceded by a maximum of three (3) foot placements
2. Entrance to either of the first two (2) Twizzles from the landing of a Dance Jump (the landing foot of the Dance Jump must be the entry foot for the Twizzle).
3. Both Twizzles performed on one (1) foot without change of foot in-between

General Requirements

- Any closed Block configuration is permitted
 - All Skaters must execute the same twizzle, including the entry edge, in the same skating direction, at the same time
 - A Feature shall be considered for Level if it is executed simultaneously by all Skaters
 - Features must be done in either of the first two (2) Twizzles
 - A chosen Feature from Groups A and B shall be considered for a Level if it is fully achieved and established:
 - within the first half rotation of the Twizzle, and $\frac{1}{2}$ SEP
 - held until the number of rotations needed for that level is fully completed
 - The twizzles must be correctly executed
- Twizzle errors** include: (same or different error made by $\frac{1}{4}$ of the Team or more)
- Two (2) footed twizzles (two (2) footed - during the rotations) (not including the entry and exit)
 - knee action is present during all or part of a twizzle / three turns are executed
 - twizzle is executed on the spot
 - twizzle(s) not attempted (not due to a fall)
- A maximum of three (3) foot placements is permitted in-between each of the Twizzles

Feature Requirements

Group B

1. Coupé position in front or behind with free foot in contact with the skating leg in an open hip position

- Coupé position: is defined as a position where the free leg is turned out and the knee is bent at approximately 90°. The ankle of the free leg is placed approximately halfway and on the calf of the skating leg.
- The free foot must be on the calf or tibia with the hip open at approximately 90°

Group C

1. A third Twizzle of at least three (3) rotations, may be preceded by a maximum of three (3) foot placements

- If executing a 3rd twizzle, it will be considered as a Feature only

2. Entrance to either of the first two (2) Twizzles from the landing of a Dance Jump (the landing foot of the Dance Jump must be the entry foot for the Twizzle).

- The twizzle must immediately follow the Dance Jump
- A turn or change of edge is not permitted after the landing and before the twizzle

3. Both Twizzles performed on one (1) foot without change of foot in-between

- There is no limit on turns or movements performed on one (1) foot for each of the foot

placements permitted in-between Twizzles

WHEEL - TRAVELING Element - Definition and Requirements (see Regulations for details)

Basic Requirements:

1. The traveling Wheel must rotate at least 360° in one (1) rotational direction
2. Any recognizable traveling must be executed
3. TWB, TW1 and TW2 - must have at least three (3) Skaters in each spoke while travelling. TW3 and TW4 – must have at least four (4) Skaters in each spoke while travelling

WHEEL - TRAVELING Element

LEVEL BASE – TWB	LEVEL 1 – TW1	LEVEL 2 – TW2	LEVEL 3 – TW3	LEVEL 4 – TW4
A Traveling Wheel that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Traveling Wheel must meet the Basic Requirements AND must - cover more than 2m	Traveling Wheel must meet the Basic Requirements AND must include; - Travel with turns/steps and linking steps: - must cover more than 5m	Traveling Wheel (a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)) must meet the Basic Requirements AND must include; - Travel with turns/steps and linking steps: - must cover more than 10m Together with one (1) travel extra feature	Traveling Wheel (a choice between 4-spoke, 3-spoke, parallel, or 2 spoke (not S-wheel)) must meet the Basic Requirements AND must include; - Travel with turns/steps and linking steps: - must cover more than 10m Together with two (2) travel extra features

General Requirements

- Travel must be executed in the same configuration and one (1) rotational direction
- Wheel must rotate during travel
- Stopping is not permitted
- Travel is permitted to be executed with or without a hold
- Features must be executed during the travel
- Travel must be continuous and not interrupted
- Skaters must always step in the correct direction even if not gliding

Travel is considered as ended when;

- Travelling has stopped for two (2) seconds or more
- There is a change of configuration or a change of rotational direction
- ¼ of the Team has made any travel error

Travel Errors (same or different error made by ¼ or the Team or more)

- Use of different linking steps/turns/steps or skating directions that are executed using the toe pick instead of the blade (not including toe steps that are part of the choreography)
- not stepping on the circle(s) pattern

Errors for Turns/Steps (Any error(s) made by ¼ of the Team or more)

- A two-footed entry or exit of a turn/step

1. Ice Coverage (>2m, >5m, >10m)

- The required distance will be measured using the center point of the wheel(s) and the length of the ice surface (or comparable distance if travel on a curve) and must be continuous
- Travel begins to be counted as soon as the center point of the wheel begins to move
- Travel must be executed in one (1) wheel OR two (2) side by side wheels
 - If executing two (2) side-by-side wheels then both wheels must travel at the same time
- The measurement of travel will stop when the traveling has ended or when the wheel breaks apart to go into the next transition or Element

2. Travel with turns/steps and linking steps (with, or without a hold or a combination of both) (ALL levels)

- Skaters must use the same linking steps/turns/steps and skating directions at the same time
- Traveling must be executed using turns/steps and linking steps
- A minimum of two (2) turns/steps must be attempted (for TW2, TW3, TW4)
- Turns/steps must be executed on one (1) foot
- There are no restrictions on the number of linking steps (i.e. crossovers)

3. Travel Extra Features (Level 3 & 4)

- Level 4: two (2) travel extra features are permitted to be executed at the same time as long as the requirements are fulfilled for each

a) Two (2) continuous 360° rotations executed one after the other

- Any type of turns/steps or rotating linking steps are permitted
- It is acceptable for the rotations to be executed on one (1) or two (2) feet
- Stepping from backward to forward is not considered a 180° turn/rotation
- A double twizzle will not be considered as two (2) continuous 360° rotations
- The two (2) rotations must both be executed in the same rotational direction
- The two (2) rotations must be executed one after the other
- Holding in-between the rotations are not permitted

b) Skaters/Spokes change places/positions with another Skater/Spoke

- The Feature is permitted to be executed in any manner except stopping is not permitted
- All Skaters and/or spokes must participate and change places/positions with another Skater and/or spoke
- Traveling must occur both before, during and after the change of place/position
- Skaters are permitted to be joined in pairs or small lines
- The change of places/position refers to either the spoke in total and/or the individual Skaters
- It is permitted to combine both the change places of Skaters and change position of spokes
- Skaters are permitted to circle another spoke/Skaters and end back in the same place
- The shape of the Wheel is permitted to disappear momentarily during this Feature (i.e.: an incorrect number of Skaters for the level is permitted to be visible momentarily in order to encourage creativity)

c) Release of hold for three (3) seconds

- Timing will begin once all Skaters have released their hold
- During the release of hold each Skater must turn / rotate 360° OR use both skating directions (forward and backward) i.e. only skating backward (or forward) are not permitted
- If Teams choose to turn/rotate 360°: Skaters are permitted to turn/rotate 360° using any manner
 - Stepping from backwards to forwards is NOT considered a 180° turn/rotation
 - Rotations may be on one (1) or two (2) feet
- If Teams choose to use both skating directions (forward and backward):
 - Forward and backward skating directions must be recognizable

DIFFICULTY GROUPS OF ADDITIONAL FEATURES (Appendix B)

FREE SKATING MOVES (fm) ADDITIONAL FEATURE – Applies to Move Element

Basic requirements:

1. All Skaters must attempt an fm

FREE SKATING MOVES (fm)

LEVEL BASE – fmB	LEVEL 1 – fm1	LEVEL 2 – fm2	LEVEL 3 – fm3
Any fm that does not meet Level 1, 2 or 3 requirements but meets the Basic Requirements	<ul style="list-style-type: none"> - Inside Spread Eagle <i>(with or without a change of edge)</i> - Unsupported Spiral - Variation of a Spiral - Inside Ina Bauer 	<ul style="list-style-type: none"> - Spiral: Unsupported Spiral with the free leg held to the back with one (1) change of edge <i>(free leg fully extended)</i> - Spiral with a change of free leg position only <i>(free leg fully extended, unsupported as it changes to a front, side or back position)</i> - Variation of a Spiral with a change of edge - Upright Extension 135° <i>(free leg fully extended to the front, side or behind self-supported or unsupported)</i> - Outside Spread Eagle - Outside Ina Bauer 	<ul style="list-style-type: none"> - Biellmann Spiral - Spiral: Unsupported Spiral with the free leg held to the back at no less than 135° with one (1) change of edge <i>(free leg fully extended + 135° held at least 2 seconds on one (1) edge)</i> - Upright Extension 170° <i>(free leg fully extended to the front, side or behind self-supported or unsupported)</i> - Outside Spread Eagle in both rotational directions - Outside Ina Bauer in both rotational directions - Outside Ina Bauer in one rotational direction + Outside Spread Eagle in the opposite rotational direction

General Requirements

- Any fm must be held for at least three (3) seconds in the correct position and on the correct edge
- An fm with one (1) or several changes of edge and/or position(s), must have at least two (2) seconds in each correct position and on each edge

Feature Requirements

fm's that use both clockwise and anti-clockwise directions:

- When changing from clockwise to anti-clockwise directions (or vice versa) additional steps, turn(s) or linking steps are NOT permitted other than those required to quickly change the direction (may be executed using either one (1) foot or two (2) feet) for the following fm3's:
- Outside Spread Eagle in both rotational directions
- Outside Ina Bauer in both rotational directions
- Outside Spread Eagle + Outside Ina Bauer Combination: One (1) of the fm's executed first in one

(1) rotational direction and then the other fm is executed in the opposite rotational direction. It is acceptable to begin with either the Ina Bauer or Spread Eagle

fm errors: (same type of error executed by ¼ of the Team or more)

- fm position is not correct (see SYS Special Regulations and Technical Rules for correct position requirements)
- fm that is not executed on a clear lobe/edge for a minimum of three (3) seconds
- fm that is not held in the correct position for a minimum of three (3) seconds
- fm with change of position or edge/direction must be held for at least two (2) seconds in each position and edge
- Any of the fm listed in the above chart will be considered a **different type of fm** than the other fm's in the list
- The listed fm's will be considered as a **different fm** when the fm is executed using a different edge and/or in a different skating direction. Examples of **different fm's**:
 - A forward inside spiral is considered as different than a forward outside spiral
 - A backward spiral is considered as different than a forward spiral
- Teams are permitted to include an fm with two (2) or more changes of edges

For fm3: Spiral: Unsupported Spiral with the free leg held to the back at no less than 135° with one (1) change of edge:

- The measurement of the 135° is considered using the angle between the supporting leg and free leg
- The upper body of the Skater must be held not lower than parallel to the ice surface

POINT OF INTERSECTION ADDITIONAL FEATURE – Applies to Intersection Element

Basic Requirements:

1. The pi rotation(s) must begin before the Skaters begin to intersect
2. A pi rotation must be shown/attempted by all Skaters

POINT OF INTERSECTION (pi) ADDITIONAL FEATURE

LEVEL BASE – piB	LEVEL 1 – pi1	LEVEL 2 – pi2	LEVEL 3 – pi3
Any pi that does not meet Level 1, 2 or 3 requirements but meets the Basic Requirements	A forward continuous 360° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>	A backward continuous 360° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>	A backward continuous 720° or more rotation <i>Note: See below for specific pi requirements for certain intersections</i>

Requirements

General

- The rotation must not be completed before the Skaters begin to pass through the axis of Intersection
- For pi2 & pi3: pi rotations must start and end backward
 - Once all Skaters are through the Intersection it is permitted to exit a pi2/pi3 rotation forward without penalty
- Use of crossovers during the pi is not permitted
- A rotation must not be executed on the spot
- The rotations of 720°/360° are permitted to consist of turns and/or rotating linking steps
- Skaters executing different rotations at the pi (1/2 of the Team is permitted to executed a different pi than the other ½ of the Team – choreographed)

pi errors: same type of error made by ¼ of the Team or more

- pi rotations that do not continue to rotate as the Skaters go through the point of intersection
- a collision that affects the rotation

- a stumble that affects the rotation
- A 360° or 720° rotation that is not continuously executed (pauses in the rotation in order to assist Skaters to pass by each other)
- Skaters in the same line executing rotations in opposite directions
- Rotations that are executed on the spot

Collapsing Intersections/Combined Intersections (where all Skaters are intersecting at different times)

- Rotations must start before the Skaters begin to intersect, and continue to rotate as the Skaters intersect
- **Level 1 & 2:** Must have at least two (2) rotations from the same level
- **Level 3:** Must have at least one (1) 720° rotation plus two (2) 360° (or more) rotations
- Each of the required rotations must be executed separately, a double twizzle will not be counted as two (2) 360° rotations
- The minimum of two (2) or three (3) separate rotations are permitted to be in the same or different rotational directions
- The correct number of rotations must end within the Intersection in order to achieve a level
 - **Level 1 & 2:** Two (2) rotations must end within the Intersection
 - **Level 3:** The 720° rotation must start before the lines begin to intersect, and end inside the Intersection. Two (2) subsequent 360° rotations must start within the Intersection however the last (third (3rd)) pi rotation is permitted to end after the Skaters have exited the Intersection
- A slight (*minimal*) pause in-between the rotations is permitted in order to allow the Skaters to change feet/change edges or change their rotational direction

Whip Intersection

- All rotations executed during the Intersection must be in the same rotational direction as the line uses during the approach phase; i.e. the Skaters in one (1) of the lines are skating in a clockwise direction towards the pi, then all of the rotations must also be executed in the clockwise direction

Angled Intersection

- pi rotation(s) must start before or at the latest, when the lines begin to overlap
- The pi rotation(s) must continuously rotate as the Skaters move towards the axis of Intersection
- All rotations must be in the same rotational direction

STEP SEQUENCE ADDITIONAL FEATURE - Applies to No Hold Element

Basic requirements:

1. Must have at least two (2) turns/steps attempted

STEP SEQUENCE ADDITIONAL FEATURE

LEVEL BASE - sB	LEVEL 1 – s1	LEVEL 2 – s2	LEVEL 3 – s3	LEVEL 4 – s4
A Step Sequence that does not meet the level 1, 2, 3 or 4 requirements but meets the Basic Requirements	Four (4) turns/steps (two (2) different types of turns/steps) and linking steps	Six (6) turns/steps (three (3) different types of turns/steps) AND a choice of: One (1) series / combination consisting of: - Three (3) different types of difficult turns executed on one (1) foot - OR - Two (2) different series/combinations (one (1) on each foot) consisting of: - Two (2) different types of difficult turns	Eight (8) turns/steps (four (4) different types of turns/steps) AND Two (2) different series/ combinations consisting of: - One (1) series/ combination of three (3) different types of difficult turns executed on one (1) foot PLUS - One (1) series/ combination of two (2) different types of difficult turns executed on the other foot	Eight (8) turns/steps (six (6) different types of turns/steps) AND Two (2) different series/ combinations (one (1) on each foot) consisting of: - Three (3) different types of difficult turns executed on one (1) foot

Requirements

General

- All steps and turns must be skated on the same, recognizable edges and lobes
- Turn(s)/step(s) with an error (same or different type of error) executed by 1/4 of the Team or more will not be counted

Errors for Turns/Steps (same or different type of error made by 1/4 or the Team or more)

- A two-footed entry or exit of a turn/step
- A turn/step executed on the spot
- A turn/step that is jumped
- The entry and/or exit of a turn/step is executed on a straight line (is flat)
- Turns/steps that are not clearly on the correct entry or exit edge
- Skidded turns (Skidded turns occur when the blade slides sideways along the ice)
- A turn/step not attempted (not due to a fall)
- Mirror image pattern is permitted during a Step Sequence, but the turns/steps executed in a mirror image pattern are not counted towards the level of the Step Sequence

1. Series/Combination of Different/Difficult Turns

- **One (1) series/combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns executed on one (1) foot where the exit edge of one turn is the entry edge of the next turn
- **Two (2) series/combination of difficult turns:** consists of two (2) or three (3) different types of difficult turns (*depending on the level*) each executed on each foot where the exit edge of one turn is the entry edge of the next turn
- The same series of turns is not permitted to be repeated on the opposite foot
 - **Two (2) series/combinations of difficult turns** are considered to be the same if they

consist of the same turns done in the same order, on the same edge and in the same skating direction

Example 1 (permitted, showing turns with different skating direction):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – forward outside rocker, backward outside bracket, forward inside twizzle

Example 2 (permitted, showing different entry edges):

- 1st series – backward outside rocker, forward outside bracket, backward inside twizzle
- 2nd series – backward inside rocker, forward inside bracket, backward outside twizzle
- Changes of edge(s) are **NOT** permitted in between the turns
- More turns are allowed but must be executed either before or after the series of difficult turns