



**2009 - 2010**

**Synchronized Skating**

**Program Requirements**

## Learn to Train

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**Beginner I** 8 – 16 skaters, No age limit (recommend skaters working on CanSkate Stage 4 or higher)  
2:00 min program +/- 10 sec.

Block	Circle	Line	Wheel
One block element of choice. Must cover at least half the ice length or a comparable distance. Minimum three lines. Only one block shape allowed with no configuration changes.	One circle element of choice. Must rotate a minimum 360° Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover at least half the ice length or a comparable distance. Maximum of two lines. Only forward skating is allowed. Changes in configuration are not permitted.	One wheel element of choice. Must rotate 360°. Minimum three skaters per spoke.
No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.
No step sequence called.	No step sequence called.		
Basic turns and linking steps can be used but will not be credited a Level.	Basic turns and linking steps can be used but will not be credited a Level.		

### Restrictions

- Additional elements labeled as Transitions on the Planned Program Content sheet are not permitted
- All elements will be called no higher than Level 1
- Intersections are illegal
- Only shoulder to shoulder or hand to hand holds are permitted
- Forward and backward skating is permitted (except in the Line element)

The focus is to continue developing basic forward and backward skating skills through the discipline of synchronized skating. Skaters are introduced to the idea of team work by participating in a fun team sport at this level.

Though a maximum of 4 alternates is allowed, Beginner teams should try to avoid the use of alternates altogether. Teams are encouraged to allow all team members to skate the program.

## Learn to Train

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### **Beginner II** 8 – 16 skaters, 2:30 min program +/- 10 sec.

Skaters must not have reached the age of 12 as of July 1<sup>st</sup> preceding the competition. At least 75% of the skaters must not have reached the age of 10 as of July 1<sup>st</sup> preceding the competition.

<b>Block</b>	<b>Circle</b>	<b>Line</b>	<b>Wheel</b>	<b>Intersection</b>
One block element of choice. Must cover at least half the ice length or a comparable distance. Minimum three lines Only one block shape allowed with no configuration changes.	One circle element of choice. Must rotate a minimum 360° Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover at least half the ice length or a comparable distance. Maximum of two lines.	One wheel element of choice. Must rotate 360°. Minimum three skaters per spoke.	One intersection of choice. Forward approach only with two foot or one foot glide only through the Point of Intersection allowed.
No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.
No step sequence called.	No step sequence called.			No additional features allowed (pi).
Basic turns and linking steps can be used but will not be credited a Level.	Basic turns and linking steps can be used but will not be credited a Level.			

#### Restrictions

- Additional elements labeled as Transitions on the Planned Program Content sheet are not permitted
- All elements will be called no higher than Level 1
- Backward Intersections are illegal
- Only shoulder to shoulder or hand to hand holds are permitted
- Forward and backward skating is permitted

The focus is to continue developing basic forward and backward skating skills through the discipline of synchronized skating. Skaters are introduced to the idea of team work by participating in a fun team sport at this level.

Though a maximum of 4 alternates is allowed, Beginner teams should try to avoid the use of alternates altogether. Teams are encouraged to allow all team members to skate the program.

## Learn to Train

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**Elementary** 8 – 16 skaters, 2:30 min program +/- 10 sec.

Skaters must not have reached the age of 15 as of July 1<sup>st</sup> preceding the competition. At least 75% of the skaters must not have reached the age of 12 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection
One block element of choice. Must cover at least half the ice length or a comparable distance. Minimum three lines. Only one block shape allowed with no configuration changes	One circle element of choice. Must rotate a minimum 360° Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover at least half the ice length or a comparable distance. Maximum of two lines.	One wheel element of choice. Must rotate 360° Minimum three skaters per spoke.	One intersection of choice Forward approach only with forward two foot glide, one foot glide or forward lunge permitted at the Point of Intersection.
No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.
No step sequence called.	No step sequence called.			No additional features allowed (pi).
Basic turns and linking steps can be used but will not be credited a Level.	Basic turns and linking steps can be used but will not be credited a Level.			

### Restrictions

- Additional elements labeled as Transitions on the Planned Program Content sheet are not allowed
- All Elements will be called no higher than Level 1
- Backward Intersections are illegal
- Two different and clearly recognizable holds required
- Forward and backward skating is permitted
- Maximum of 4 alternates

The focus is on continued development of fundamental skating skills and incorporating these skills into synchronized skating specific elements. Awareness and enthusiasm for the various competitive opportunities is created at this stage.

## Learn to Train

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**Juvenile** 8 – 16 skaters, 3:00 min program +/- 10 sec.  
 Skaters must not have reached the age of 15 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)
One block element of choice. Must cover the full length of ice or a comparable distance. Minimum three lines.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover the full length of ice or a comparable distance.	One wheel element of choice. Must rotate 360°. Minimum three skaters per spoke.	One intersection of choice. Forward approach only. Point of Intersection Level 1 or Free Skate Moves (fm) Level 1 allowed.	One Moves in Isolation of choice. Individual skating only with Free skate Moves (fm) or Elements (fe) Group 1 only as per ISU Difficulty Groups MI group up to Level 2 as per ISU (minimum 3 skaters to a maximum of 5 skaters execute fm or fe). Lifts, pairs or vaults of any variety are illegal.
Simple variations allowed as per ISU.	Simple variations allowed as per ISU.	Simple variations allowed as per ISU.	Simple variations allowed as per ISU.	No simple or difficult variations allowed.	
Basic turns and linking steps can be used.	Basic turns and linking steps can be used.				

### Restrictions

- Additional elements are allowed and labeled as Transitions on the Planned Program Content sheet
- All elements will be called no higher than Level 1 except for Moves in Isolation group may be up to Level 2
- Step sequence will be called no higher than Level 1
- Backward intersections are illegal
- Two different and clearly recognizable holds required
- Forward and backward skating is permitted
- Maximum of 4 alternates

The focus is on continued development of fundamental skating skills and incorporating these skills into synchronized skating specific elements. Awareness and enthusiasm for the various competitive opportunities is created at this stage.

## Learn to Train

**Pre-Novice** 8 – 16 skaters, 3:00 min program +/- 10 sec.

Skaters must not have reached the age of 19 as of July 1<sup>st</sup> preceding the competition. At least 75% of the skaters must have reached the age of 10 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)
One block element of choice. Must cover the full length of ice or a comparable distance. Minimum three lines.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover the full length of ice or a comparable distance.	One wheel element of choice. Must rotate 360°. There must be at least three skaters in each spoke.	One intersection of choice. Point of Intersection (pi) Level 1 allowed only. Backward spirals are illegal.	Individual skating with Free skate Moves (fm) or Elements (fe) from Group 1 or 2 only as per ISU Difficulty Groups Or Pair Pivot or Pair Spins from Group 1 or 2 only as per ISU Difficulty Groups. MI group up to Level 2 as per ISU (minimum 3 skaters to a maximum of 5 skaters executing fm/fe or 2 pairs to a maximum of 3 pairs executing fe). Lifts of any variety are illegal. Axel jumps are illegal.
Simple variations allowed as per ISU.	Simple variations allowed as per ISU.	Simple variations allowed as per ISU.	Simple variations allowed as per ISU.	Simple or difficult variations allowed up to Level 2.	
Basic turns and linking steps can be used.	Basic turns and linking steps can be used.				

### Restrictions

- Additional elements are allowed and labeled as Transitions on the Planned Program Content sheet
- All elements will be called no higher than Level 1 except for Moves in Isolation may be up to Level 2
- Step Sequence will be called no higher than Level 2
- Backward Intersections are illegal
- Two different and clearly recognizable holds required
- Forward and backward skating should be used
- Maximum of 4 alternates

The focus is on continued development of fundamental skating skills and incorporating these skills into synchronized skating specific elements. Awareness and enthusiasm for the various competitive opportunities is created at this stage.

## Learn to Compete

### Novice

12 – 16 skaters, 3:30 min program +/- 10 sec.

Skaters must have reached the age of 10 as of July 1<sup>st</sup> preceding the competition. 75% of skaters must not have reached the age of 15, and up to 25% must not have reached the age of 19 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	No Hold Block (NHB)
One block element of choice. Must cover the full length of ice or a comparable distance. Minimum three lines.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover the full length of ice or a comparable distance.	One wheel element of choice. Must rotate 360°. There must be at least 3 skaters in each spoke.	One intersection of choice. Point of Intersection (pi) up to Level 2. Backward spirals are illegal.	Individual skating with Free skate Moves (fm) or Elements (fe) from Group 1, 2 or 3 only as per ISU Difficulty Groups Or Pair Pivot or Pair Spins from Group 1, 2 or 3 only as per ISU Difficulty Groups. MI group up to Level 2 as per ISU (minimum 3 skaters or 2 pairs to a maximum of 5 skaters or 3 pairs execute fm or fe). Lifts of any variety are illegal. Axel jumps are illegal.	Element must be executed in a closed block, consisting of 4 skaters in four lines or as equal as possible meeting the four line requirement. Must start and end in a no hold. Must travel the full length of the ice in a straight or diagonal pattern.
Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.		Simple variations only allowed as per ISU.
Basic turns and linking steps can be used.	Basic turns and linking steps can be used.					No Hold Step (NHS) Step sequence Level 1 only. Basic turns and linking steps can be used.

### Restrictions

- Additional elements are allowed and must be marked as Transitions on the Planned Program Content Sheet
- Block, Circle, Line, Wheel, Intersection will be called no higher than Level 3
- Point of Intersection, No Hold Block and Moves in Isolation element difficulty groups will be called no higher than Level 2
- Step Sequence will be called no higher than Level 3 except for the No Hold Step Sequence will be called no higher than Level 1
- Three different and clearly recognizable holds required
- Vaults and lifts are illegal at the Novice level
- Maximum of 4 alternates

The focus of this stage is to consolidate and refine basic skills and incorporate them into more complex synchronized skating elements. Teams at this stage will be exposed to more competitive opportunities by participating in qualifying events.

## Learn to Compete

### Intermediate

12 – 16 skaters, 4:00 min program +/- 10 sec.

Skaters must have reached the age of 12 as of July 1<sup>st</sup> preceding the competition but must not have reached the age of 25 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	No Hold Block (NHB)	Choice of - Spin (SP) or Moves in the Field (MF)
One block element of choice. Must cover the full length of ice or a comparable distance. Minimum three lines.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One Line Element of choice. Must cover the full length of ice or a comparable distance.	One wheel element of choice. Must rotate 360° There must be at least three skaters in each spoke.	One intersection of choice Point of Intersection (pi) up to Level 2 No higher level will be called. Backward spirals are illegal.	Lifts of any variety are illegal. Axel jumps are illegal.	Element must be executed in a closed block, consisting of 4 skaters in four lines or as equal as possible meeting the four line requirement Must start and end in a no hold. Must travel the full length of the ice in a straight or diagonal pattern.	Spin Level 1 only.  Moves in the Field (MF) Free Move (fm) chosen from Group 1 or 2 only. Must include one spiral.
Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.		Simple variations only allowed as per ISU.	Simple variations only allowed for Moves in the Field (MF) as per ISU.
Step sequence up to Level 4.	Step sequence up to Level 4.					No Hold Step (NHS) Step sequence Level 2 only. No higher Level will be called. Basic turns and linking steps can be used.	

Intermediate - This category will follow the ISU Junior Well Balanced Free Program Guidelines for the Block, Circle, Line, Wheel, Intersection (with only 1 Intersection) and Moves in Isolation.

#### Restrictions

- Additional elements are allowed and must be marked as Transitions on the Planned Program Content Sheet
- Three different and clearly recognizable holds required
- Maximum of 4 alternates

The focus of this stage is to consolidate and refine basic skills and incorporate them into more complex synchronized skating elements. Teams at this stage will be exposed to more competitive opportunities by participating in qualifying events.

## Learn to Compete

### Open

12 – 16 skaters, 4:00 min program +/- 10 sec.

Skaters must have reached the age of 12 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)	No Hold Block (NHB)	Choice of - Spin (SP), Pair Element or MI	Moves in the Field (MF)
One block element of choice. Must cover the full length of ice or a comparable distance. Minimum three lines.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover the full length of ice or a comparable distance.	One wheel element of choice. Must rotate 360°. There must be at least three skaters in each spoke.	One intersection of choice Point of Intersection (pi) up to Level 2 No higher level will be called. Backward spirals are illegal.	Pair & Group Lifts Level 1 only. No other restrictions	Element must be executed in a closed block, consisting of 4 skaters in four lines or as equal as possible meeting the four line requirement. Must start and end in a no hold. Must travel the full length of the ice in a straight or diagonal pattern.	Spin Level 1 only. Pair Element Level 1 only. MI (Moves in Isolation) Pair & Group Lifts Level 1 only. No other restrictions.	Moves in the Field (MF) Free Move (fm) chosen from Group 1 or 2 only. Must include one spiral.
Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.		Simple or difficult variations allowed up to Level 2 as per ISU.		Simple or difficult variations allowed up to Level 2 as per ISU.
Step sequence up to Level 4.	Step sequence up to Level 4.					No Hold Step (NHS) Step sequence Level 2 only. No higher Level will be called. Basic turns and linking steps can be used.		

Open - This category will follow the ISU Senior Well Balanced Free Program Guidelines for the Block, Circle, Line, Wheel and Intersection (with only 1 Intersection).

#### Restrictions

- Maximum 4 alternates

The focus of this stage is to consolidate and refine basic skills and incorporate them into more complex synchronized skating elements. Teams at this stage will be exposed to more competitive opportunities by participating in qualifying events.

## Train to Compete

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### **Junior**

16 skaters, maximum 2:50 min short program and 4:00 min free skating program +/- 10 sec.  
Skaters must have reached the age of 12 as of July 1<sup>st</sup> preceding the competition but must not have reached the age of 19 as of July 1<sup>st</sup> preceding the competition.

Please see Skate Canada CPC Interim Rules (Section D – Technical Requirements) or ISU rules and regulations for a full description of the Junior short and free skating program requirements and restrictions.

## Train to Compete

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**Senior** 16 skaters, maximum 2:50 min short program and 4:30 min free skating program +/- 10 sec.  
Skaters must have reached at least the age of 14 as of the July 1<sup>st</sup> preceding the competition.

Please see Skate Canada CPC Interim Rules (Section D – Technical Requirements) or ISU rules and regulations for a full description of the Senior short and free skating program requirements and restrictions.

## Active for Life

### Adult SYS Class I

8 – 20 skaters, 3:30 min program +/- 10 sec.

Skaters must have reached the age of 19 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)
One block element of choice. Must cover the full length of ice or a comparable distance. Minimum three lines.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover the full length of ice or a comparable distance.	One wheel element of choice. Must rotate 360°. There must be at least three skaters in each spoke.	One intersection of choice. Point of Intersection (pi) up to Level 2. No higher Level will be called. Backward spirals are illegal.	Lifts of any variety are illegal. Axel jumps are illegal.
Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	Simple or difficult variations allowed up to Level 4.	
Step sequence up to Level 4.	Step sequence up to Level 4.				

Adult SYS Class I – This category will follow the Intermediate Guidelines as outlined for the Block, Circle, Line, Wheel, Intersection and Moves in Isolation.

#### Restrictions

- Additional elements are allowed and must be marked as Transitions on the Planned Program Content Sheet
- Three different and clearly recognizable holds required
- Maximum 4 alternates

The focus of this stage is to provide an opportunity for life-long participation in synchronized skating. Skaters continue the development and refinement of basic skating skills while being exposed to competitive opportunities.

## Active for Life

### Adult SYS Class II

8 – 20 skaters, 3:30 min program +/- 10 sec.

Skaters must have reached the age of 19 as of July 1<sup>st</sup> preceding the competition. At least 75% of the skaters must have reached the age of 25 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection	Moves in Isolation (MI)
One block element of choice. Must cover the full length of ice or a comparable distance. Minimum three lines.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover the full length of ice or a comparable distance.	One wheel element of choice. Must rotate 360°. There must be at least three skaters in each spoke.	One intersection of choice. Point of Intersection (pi) up to Level 2. Backward spirals are illegal.	Individual skating with Free skate Moves (fm) or Elements (fe) from Group 1, 2 or 3 only as per ISU Difficulty Groups Or Pairs Pivot or Pair Spins from Group 1, 2 or 3 only as per ISU Difficulty Groups. MI group up to Level 2 as per ISU (minimum 3 skaters or 2 pairs to a maximum of 5 skaters or 3 pairs execute fm or fe). Lifts of any variety are illegal. Axel jumps are illegal.
Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.	Simple or difficult variations allowed up to Level 3.	
Basic turns and linking steps can be used.	Basic turns and linking steps can be used.				

Adult SYS Class II – This category will follow the Novice Well Balance Program Guidelines as outlined for the Block, Circle, Line, Wheel, Intersection and Moves in Isolation.

#### Restrictions

- Additional elements are allowed and must be marked as Transitions on the Planned Program Content Sheet
- Three different and clearly recognizable holds required
- Block, Circle, Line, Wheel, Intersection will be called no higher than Level 3
- Point of Intersection & Moves in Isolation group will be called no higher than Level 2
- Step Sequence will be called no higher than Level 3
- Maximum 4 alternates

The focus of this stage is to provide an opportunity for life-long participation in synchronized skating. Skaters continue the development and refinement of basic skating skills while being exposed to competitive opportunities.

## Active for Life

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### Adult SYS Class III

8 – 20 skaters, 3:30 min program +/- 10 sec.

Skaters must have reached the age of 25 as of July 1<sup>st</sup> preceding the competition. At least 50% of the skaters must have reached the age of 35 as of July 1<sup>st</sup> preceding the competition.

Block	Circle	Line	Wheel	Intersection
One block element of choice. Must cover at least half the ice length or a comparable distance. Minimum three lines. Must have only one block shape. No configuration changes allowed.	One circle element of choice. Must rotate a minimum 360°. Minimum four skaters in a circle when choosing multiple circles.	One line element of choice. Must cover at least half the ice length or a comparable distance. Maximum of two lines allowed.	One wheel element of choice. Must rotate 360°. There must be at least three skaters in each spoke.	One intersection of choice. Forward approach only with forward two foot glide, one foot glide or forward lunge allowed through the point of intersection.
No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.	No simple or difficult variations allowed.
No step sequence called.	No step sequence called.			No Additional features allowed (pi).
Basic turns and linking steps are permitted but will not be credited a Level.	Basic turns and linking steps are permitted but will not be credited a Level.			

Adult SYS Class III - This category will follow the Elementary Well Balance Program Guidelines as outlined for the Block, Circle, Line, Wheel and Intersection.

#### Restrictions

- Additional elements labeled as Transitions on the Planned Program Content Sheet are not permitted
- All Elements will be called no higher than Level 1
- Backward Intersections are illegal
- Two different and clearly recognizable holds required
- Forward and backward skating is permitted
- Maximum 4 alternates

The focus of this stage is to provide an opportunity for life-long participation in synchronized skating. Skaters develop basic skating skills while being exposed to competitive opportunities.